

God Rock Café Nutrition Value Information Chart

Menu for November 2019

	Vegetable	Fruit Assorted fruits served daily	Protein-meat	Bread/Other	Other/ Dairy, Milk (half pints)
Week 1	<p><i>Cooked Carrots</i> 20 calories ½ c 0 g fat 0 g protein 4 g carbs 2 g sugar</p> <p><i>Broccoli Cassserole</i> Approx. 48 calories 3 oz 4 g fat 1.5 g protein 2 g carbs .05 g sugar W*/cracker topping and *cheese</p>	<p><i>Applesauce</i> 80 1/2 c 0g fat 22 carbs 18 g sugar</p> <p><i>Pears</i> 60 cal ½ c 0gfat 14g carbs 11g sugar</p> <p><i>Mandarin Oranges</i> 60 cal ½ c 0g fat 14g carbs 11 g sugar</p> <p><i>Tropical Mixed fruit</i> 90 cal 2/3c cup 0 g fat 0 g protein 22 g carbs 21 g sugar</p> <p><i>Peaches</i> 60 cal 1/2c 0gfat 14g carbs 11sugar</p>	<p><i>Chicken strips (no breading)</i> 120 cal 3 oz 2.5fat 1 g carbs 22 g protein 0g sugar</p> <p><i>Ham 2 oz</i> 50 cal 1.5 g fat 9 g protein 1 g carbs 1 g sugar</p> <p><i>Fish 5 sticks</i> 250 calories 11 g fat 12 g protein 26 g carbs 1 g sugar</p> <p><i>Breaded Chicken Patty 1 each</i> 220 calories 14 fat 12 g protein 12 carbs 0 g sugar</p>	<p><i>*Cracker topping:</i> 5 crackers 80calories 4.5 g fat Protein<1g 10 g carbs Sugar 1 g</p> <p><i>Bun (1)</i> 100 calories 1 g fat 3 g protein 20 g carbs 3 g sugar</p>	<p><i>Chocolate Milk</i> 120 cal 8fl oz 0g fat 8 g protein 20 g carbs 18 g sugar</p> <p><i>White Milk</i> 130 cal 5g fat 8g protein 12g carbs 12 g sugar</p> <p><i>Juices</i> (6 fl) oz- apple 90 cal 21 g carbs 18 g sugar -grape 120 cal 28 g carbs 27 g sugar- orange 90 calories 20 g carbs 18 g sugar</p> <p><i>Baked Chocolate chip & Sugar Cookies</i> 1 cookie 120 cal 6g fat 17g carbs 10 g sugar</p> <p><i>Pudding</i> 130 calories ½ c 4 g fat 2 g protein 24 g carbs 17 g sugar * based on Banana (variety chocolate & vanilla)</p> <p><i>*Cheddar cheese</i> 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p><i>Mayo</i> 1tsp 90 cal 10g fat 0g carbs 0 grams sugar</p> <p><i>Tartar sauce</i> (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar</p>

Week 2	<p>Corn 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p> <p>Green beans 20 calories ½ c 0g fat 1g protein 4g/2g carbs/sugar</p> <p>Mashed potatoes 90 calories 0 gfat 20 g carbs 0.5 g sugar</p> <p>Mixed vegetables 45 cal 1/2c 0 g fat 1 g protein 8g carbs 1 g sugar</p> <p>Hashbrown/tator tots 130 cal 7.5 g fat protein 1 g 15 g carbs o g sugar</p> <p>Side Salad 2.1 oz 10 calories 0 g fat 1 g protein 2 g carbs 1 g sugar</p>	<p>Peaches 60 cal 1/2c 0gfat 14g carbs 11sugar</p> <p>Mixed Fruit 70 calories ½ c 0g fat 17g carbs 15g sugar</p> <p>Pears 60 cal ½ c 0gfat 14g carbs 11g sugar</p> <p>Fresh Strawberries (about 4) 4 calories 0 g fat 0.1 g protein 0.9 g carbs 0.6 g sugar</p>	<p>Corn dog 220 cal (1) 13 g fat 7 g protein 18 g carbs 6 g sugar</p> <p>Meatballs 70cal 6 each 20 g fat 14 g protein 8 g carbs 1 g sugar</p> <p>Diced Chicken 120cal 3 oz 1.5 g fat 2 g protein 0 g carbs 0 g sugar</p>	<p>Biscuits (1) 210 cal 8 g fat 3 g protein 32 g carbs 3 g sugar</p> <p>Bosco (1) 250 cal 8g fat 11 g protein 32 g carbs 2 g sugar</p> <p>Bosco stick (1) 250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p>	<p>Cheddar cheese 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p>Alfredo sauce 100 calories ¼ c 6 g fat 2 g protein 9 g carbs 1 g sugar</p> <p>Gravy ¼ c 90 cal 8 g fat 2 g protein 0 carbs 2 g sugar</p>
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Week 3	<p>Green beans 20 calories ½ c 0g fat 1g protein 4g carbs 2g sugar</p>	<p>Mandarin Oranges 60 cal ½ c 0g fat 14g carbs 11 g sugar</p>	<p>Hot dog 170 cal (1) 16 g fat 6 g protein 1 g carbs 1 g sugars</p>	<p>Bun (1) 100 calories 1 g fat 3 g protein 20 g carbs 3 g sugar</p>	<p>Mozzarella cheese 80 calories 1/4c 5gfat 6g protein 1g carbs 0g sugar</p>	
	<p>Side Salad 2.1 oz 10 calories 0 g fat 1 g protein 2 g carbs 1 g sugar</p>	<p>Pears 60 cal ½ c 0g fat 14g carbs 11g sugar</p>	<p>Peanut butter 180 cal 2 tbsp 0 g fat 7 g protein 8 g carbs 4 g sugar</p>	<p>Bread 2 slices 10 calories 1.5 g fat 4 g protein 21 g carbs 2 g sugar</p>	<p>Cheddar cheese 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p>	<p>Ranch 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar</p>
	<p>Peas 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p>	<p>Pineapples 80 calories ½ c 0g fat 18 carbs 18 g sugar</p>	<p>Pizza The Max with turkey & beef (1 slice) 270 cal 8 g fat 16 g protein 33 g carbs 3 g sugar</p>	<p>Mac noodles 200 cal 2 oz 1 g fat 7 g protein 42 g carbs 12 g sugar</p>	<p>Spaghetti sauce 60 calories ½ c 2g fat 2g protein 11g carbs 7g sugar</p>	<p>Thousand Island 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar</p>
	<p>Celery Sticks 2 g cal <1 g carbs</p>	<p>Mixed Fruit 70 calories ½ c 0g fat 17g carbs 15g sugar</p>	<p>Cod fish*new* 1 fillet 189 calories 1.5 g fat 41 g protein 0 g carbs 0 g sugar</p>	<p>Ravioli 1 cup 187 cal 3.5 fat 6 g protein 33 g carbs 9 g</p>	<p>Grape jelly 1 tsp (20g) 50 cal 0 g fat 13 g carbs .01 g protein 10 g sugar</p>	<p>Tartar sauce (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar</p>

Week 4	<p>Green beans 20 calories ½ c 0g fat 1g protein 4g carbs 2g sugar</p> <p>Potatoes 70 cal 2/3c 0 g fat 2 g protein 15 g carbs 1 g sugar</p> <p>Hashbrown 130 cal 7.5 g fat protein 1 g 15 g carbs 0 g sugar</p>	<p>Applesauce 80 1/2 c 0g fat 22 carbs 18 g sugar</p> <p>Cranberry sauce ½ thick 1 slice 86 cal 0.1 g fat 0.1 g protein 22 carbs/22g sugar</p>	<p>Sausage links 120 cal (1) 12 g fat 4 g protein 0 g carbs 0 g sugar</p> <p>Turkey 2 oz 60 cal 1 g fat 9 g protein 4 g carbs 3 g</p>	<p>Corn dog 220 cal (1) 13 g 7 g protein 18 g carbs 6 g sugar</p> <p>Stuffing ½ cup 120 calories 7.5 g fat 2 g protein 11 g carbs 2 g sugar</p>	<p>Condiments:</p> <p>Ketchup packet 1 tsp 15 calories 0g fat 5g carbs 1g sugar</p> <p>Mustard packet (1) 0 calories 10g fat 1 g carbs 1g 0g sugar</p> <p>Mayo 1tsp 90 cal 10g fat 0g carbs 0 grams sugar</p> <p>Honey Mustard 60 calories 1 fl oz 2.5 g fat 7 g carbs 9 g sugar</p> <p>Lite Brown gravy 2 tsp 14 calories</p> <p>Pumpkin pie 1 slice 300cal 11 g fat 5 g protein 47 g carbs 20 g sugar</p>
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