

# God Rock Café Nutrition Value Information Chart

Menu for DECEMBER 2019

	Vegetable	Fruit Assorted fruits served daily	Protein-meat	Bread/Other	Other/ Dairy, Milk (half pints)
<b>Week 1</b>	<p><b>Mashed potatoes</b> 90 calories 0 gfat 20 g carbs 0.5 g sugar</p> <p><b>Corn</b> 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p> <p><b>Peas</b> 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p> <p><b>Side Salad 2.1 oz</b> 10 calories 0 g fat 1 g protein 2 g carbs 1 g sugar</p>	<p><b>Applesauce</b> 80 1/2 c 0g fat 22 carbs 18 g sugar</p> <p><b>Pears</b> 60 cal ½ c 0gfat 14g carbs 11g sugar</p> <p><b>Mandarin Oranges</b> 60 cal ½ c 0g fat 14g carbs 11 g sugar</p> <p><b>Tropical Mixed fruit</b> 90 cal 2/3c cup 0 g fat 0 g protein 22 g carbs 21 g sugar</p> <p><b>Peaches</b> 60 cal 1/2c 0gfat 14g carbs 11sugar</p>	<p><b>Fish 5 sticks</b> 250 calories 11 g fat 12 g protein 26 g carbs 1 g sugar</p> <p><b>Bosco stick (1)</b> 250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p> <p><b>Chicken nuggets 5 each</b> 210 calories 11 g fat 12 g protein 14 g carbs 0 g sugar</p>	<p><b>Spaghetti noodles 2 oz</b> 200 cal 0 g fat 7 g protein 42g carbs 2 g sugar</p> <p><b>Breadstick (1)</b> 150 cal 8g fat 11 g protein 26 g carbs 2 g sugar</p> <p><b>Egg noodles 2 oz</b> 220 cal 2.5 f 8 g protein 40 g carbs 2 g sugar</p> <p><b>Baked Chocolate chip &amp; Sugar Cookies</b> 1 cookie 120 cal 6g fat 17g carbs 10 g sugar</p>	<p><b>Chocolate Milk</b> 120 cal 8fl oz 0g fat 8 g protein 20 g carbs 18 g sugar <b>White Milk</b> 130 cal 5g fat 8g protein 12g carbs 12 g sugar <b>Juices</b> (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><b>Cheddar cheese</b> 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p><b>Ranch</b> 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar <b>Thousand Island</b> 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar <b>Tartar sauce</b> (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar <b>Ketchup packet</b> 1 tsp 15 calories 0g fat 5g carbs 1g sugar <b>Spaghetti sauce</b> 60 calories ½ c 2g fat 2g protein 11g carbs 7g sugar</p>

<b>Week 2</b>	<p><b>Corn</b> 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p> <p><b>Green beans</b> 20 calories ½ c 0g fat 1g protein 4g/2g carbs/sugar</p> <p><b>Mashed potatoes</b> 90 calories 0 gfat 20 g carbs 0.5 g sugar</p> <p><b>Tator tots 3 oz</b> <b>160 cal</b> 8 g fat 2 g protein 0 g sugar 20 g carbs</p>	<p><b>Peaches</b> 60 cal 1/2c 0gfat 14g carbs 11sugar</p> <p><b>Mixed Fruit</b> 70 calories ½ c 0g fat 17g carbs 15g sugar</p> <p><b>Pears</b> 60 cal ½ c 0gfat 14g carbs 11g sugar</p> <p><b>Applesauce</b> 80 1/2 c 0g fat 22 carbs 18 g sugar</p>	<p><b>Corn dog</b> 220 cal (1) 13 g fat 7 g protein 18 g carbs 6 g sugar</p> <p><b>Sausage links</b> 120 cal (1) 12 g fat 4 g protein 0 g carbs 0 g sugar</p> <p><b>Diced Chicken</b> 120cal 3 oz 1.5 g fat 2 g protein 0 g carbs 0 g sugar</p>	<p><b>Egg noodles</b></p> <p><b>Saltine Crackers</b> 5 crackers Cal 60 1.5g fat 1g protein 11g carbs 0g sugar</p> <p><b>Breaded Chicken</b> <b>Patty 1 each</b> 220 calories 14 fat 12 g protein 12 carbs 0 g sugar</p> <p><b>Bread 2 slices</b> 10 calories 1.5 g fat 4 g protein 21 g carbs 2 g sugar</p>	<p><b>Cheddar cheese</b> 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p><b>Cheese stick</b> (1) 8 g fat 6 g protein 1 g carbs 0 g sugar</p> <p><b>Cheese slice (2 each)</b> 110cal 8 g fat 5 g protein 20 g carbs sugar 0 g</p> <p><b>Chicken Broth 1 cup</b> 10 cal 0g fat 0g sugar 0 carbs</p> <p><b>Ranch</b> 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar</p> <p><b>Thousand Island</b> 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar</p> <p><b>Tartar sauce</b> (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar</p> <p><b>Ketchup packet</b> 1 tsp 15 calories 0g fat 5g carbs 1g sugar</p> <p><b>Mustard packet (1)</b> 0 calories 10g fat 1 g carbs 1g 0g sugar</p>
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<b>Week 3</b>	<p><b>Green beans</b> 20 calories ½ c 0g fat 1g protein 4g carbs 2g sugar</p>	<p><b>Mandarin Oranges</b> 60 cal ½ c 0g fat 14g carbs 11 g sugar</p>	<p><b>Diced Chicken</b> 120cal 3 oz 1.5 g fat 2 g protein 0 g carbs 0 g sugar</p>	<p><b>Rice</b> 160 calories 14 c 0 g fat 3 g protein 3g carbs 0 g sugar</p>	<p><b>Cheddar cheese</b> 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p>
	<p><b>Corn</b> 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p>	<p><b>Pears</b> 60 cal ½ c 0g fat 14g carbs 11g sugar</p>	<p><b>Sausage links</b> 120 cal (1) 12 g fat 4 g protein 0 g carbs 0 g sugar</p>	<p><b>Pancakes (4)</b> 70 cal 1 g fat 2 g protein 2 g sugar 14 g carbs</p>	<p><b>Ranch</b> 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar <b>Thousand Island</b> 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar <b>Tartar sauce</b> (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar <b>Ketchup packet</b> 1 tsp 15 calories 0g fat 5g carbs 1g sugar <b>Mustard packet (1)</b> 0 calories 1 0g fat 1 g carbs 1g 0g sugar <b>Mayo</b> 1tsp 90 cal 10g fat 0g carbs 0 grams sugar <b>Honey Mustard</b> 60 calories 1 fl oz 2.5 g fat 7 g carbs 9 g sugar</p>
	<p><b>Peas</b> 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p>	<p><b>Pineapples</b> 80 calories ½ c 0g fat 18 carbs 18 g sugar</p>	<p><b>-Hot dog</b> 170 cal (1) 16 g fat 6 g protein 1 g carbs 1 g sugars</p>	<p><b>Bosco stick (1)</b> 250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p>	<p><b>Yogurt</b> (tube 56 g) 50 cal 0.5 fat 2 g protein 10 g carbs 8 g sugar</p>
	<p><b>Baked Beans</b> 140 calories 1/2 cup 1 g fat 6 g protein 29 g carbs 12 g sugar</p>	<p><b>Mixed Fruit</b> 70 calories ½ c 0g fat 17g carbs 15g sugar</p>	<p><b>Roast beef (new) with gravy 2 slices</b> 35 calories 3 g fat 0 g carbs 5 g protein 0 g sugar</p>	<p><b>Bread 2 slices</b> 10 calories 1.5 g fat 4 g protein 21 g carbs 2 g sugar</p>	
	<p><b>Mixed vegetables</b> 45 cal 1/2c 0 g fat 1 g protein 8g carbs 1 g sugar</p>			<p><b>Roll 1 each</b> 130 cal 8 g fat 4 g protein 7 g sugar 24 carbs</p>	

<b>Week 4</b>					<p><i>Christmas Break</i> <i>DEC 23<sup>rd</sup>- Jan 7<sup>th</sup></i> <i>See you next year!! 😊</i> <i>Missions pizza day Thursday, Jan 10th</i></p>
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