

God Rock Café Nutrition Value Information Chart

Menu for January 2020

	Vegetable	Fruit Assorted fruits served daily	Protein-meat	Bread/Other	Other/ Dairy, Milk (half pints)
Week 2 Jan 7-10h	<p>Mixed vegetables 45 cal 1/2c 0 g fat 1 g protein 8g carbs 1 g sugar</p> <p>Peas 60 cal 1/2 c 0g fat 4g protein 11g carbs 4g sugar</p> <p>Green beans 20 calories 1/2 c 0g fat 1g protein 4g/2g carbs/sugar</p>	<p>Applesauce 80 1/2 c 0g fat 22 carbs 18 g sugar</p> <p>Pears 60 cal 1/2 c 0gfat 14g carbs 11g sugar</p> <p>Tropical Mixed fruit 90 cal 2/3c cup 0 g fat 0 g protein 22 g carbs 21 g sugar</p> <p>Peaches 60 cal 1/2c 0gfat 14g carbs 11sugar</p>	<p>Fish 5 sticks 250 calories 11 g fat 12 g protein 26 g carbs 1 g sugar</p> <p>Chicken nuggets 5 each 210 calories 11 g fat 12 g protein 14 g carbs 0 g sugar</p>	<p>Ravioli 1 cup 187 cal 3.5 fat 6 g protein 33g carbs 9g Spaghetti sauce 60 calories 1/2 c 2g fat 2g protein 11g carbs 7g sugar</p> <p>Breadstick (1) 150 cal 8g fat 11 g protein 26 g carbs 2 g sugar</p> <p>Baked Chocolate chip & Sugar Cookies 1 cookie 120 cal 6g fat 17g carbs 10 g sugar</p>	<p>Chocolate Milk 120 cal 8fl oz 0g fat 8 g protein 20 g carbs 18 g sugar White Milk 130 cal 5g fat 8g protein 12g carbs 12 g sugar Juices (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>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 Thousand Island 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar Tartar sauce (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar Ketchup packet 1 tsp 15 calories 0g fat 5g carbs 1g sugar</p>

Week 3	<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>Peas 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p> <p>Black beans ½ cup 110 calories 0 g fat 7 g protein 27g carb 2g sugar</p> <p>Lettuce 1.5 cups 15 calories Fat 0g protein 1g Sugar 2 g Carbs 3 g</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 0g fat 14g carbs 11g sugar</p> <p>Applesauce 1/2 c 80 calories 0g fat 22 carbs 18 g sugar</p> <p>Mandarin Oranges 60 cal ½ c 0g fat 14g carbs 11 g sugar</p>	<p>Corn dog 220 cal (1) 13 g fat 7 g protein 18 g carbs 6 g sugar</p> <p>Taco meat (GFS) 70 calories 1.94 oz 8 g fat 8 g protein 3 g carbs 1 g sugar</p> <p>Bosco stick (1) 250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p> <p>Roast beef 2 slices 35 calories 3 g fat 0 g carbs 5 g protein 0 g sugar</p>	<p>Pizza sm 1 slice Lg 2 slices The Max with turkey & beef (1 slice)270 cal 8 g fat 16 g protein 33 g carbs 3 g sugar</p> <p>Taco shells 2 shells 110 calories 6 g fat 2 g protein 1 g sugar 13 g carbs</p> <p>Bosco stick (1) 250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p> <p>Breaded Chicken Patty 1 each 220 calories 14 fat 12 g protein 12 carbs 0 g sugar</p>	<p>Cheddar cheese 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p>Sour cream 2 tsp 60 calories fat 5 g sugar 1g carbs 1 g protein 1 g</p> <p>Sub bun (1) 410 calories 6 g fat 17 g protein 74 g carbs 8 g sugar</p> <p>Ranch 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar</p> <p>Thousand Island 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar</p> <p>Tartar sauce (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar</p> <p>Ketchup packet 1 tsp 15 calories 0g fat 5g carbs 1g sugar</p> <p>Mustard packet (1) 0 calories 1 0g fat 1 g carbs 1g 0g sugar</p>
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Week 4	<p>Green beans 20 calories ½ c 0g fat 1g protein 4g carbs 2g sugar</p> <p>Corn 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p> <p>Side Salad 2.1 oz 10 calories 0 g fat 1 g protein 2 g carbs 1 g sugar</p> <p>Peas 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p>	<p>Mandarin Oranges 60 cal ½ c 0g fat 14g carbs 11 g sugar</p> <p>Pears 60 cal ½ c 0g fat 14g carbs 11g sugar</p> <p>Pineapples 80 calories ½ c 0g fat 18 carbs 18 g sugar</p> <p>Mixed Fruit 70 calories ½ c 0g fat 17g carbs 15g sugar</p>	<p>Chicken nuggets 5 each 210 calories 11 g fat 12 g protein 14 g carbs 0 g sugar</p> <p>Corn dog 220 cal (1) 13 g fat 7 g protein 18 g carbs 6 g sugar</p> <p>Diced Chicken 120cal 3 oz 1.5 g fat 2 g protein 0 g carbs 0 g sugar</p>	<p>Pretzel Bosco stick (1) 200 calories 7 g fat 7 g protein 27 g carbs 3 g sugar</p>	<p>Cheddar cheese 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar</p> <p>Alfredo sauce .25 c 100 calories 6 g fat 2 g protein 9 g carbs 1 g sugar</p> <p>Ranch 1 packet 150 calories 2tsp 16gfat 1 carb 1 g sugar</p> <p>Thousand Island 1 packet 160 calories 14g fat 0 g protein 10 g carbs 9 g sugar</p> <p>Tartar sauce (12 g) 45 calories 4 g fat 2 g carbs 2 g sugar</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>
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Week 5	<p>Baked Beans 140 calories 1/2 cup 1 g fat 6 g protein 29 g carbs 12 g sugar</p> <p>Waffle fries 3oz 6 g fat 2 g protein 0g sugar 23 g carbs</p> <p>Cannoli beans 1/c cup 150 calories 0 g fat 7 g protein 27 g carb 2g sugar</p> <p>Green beans 20 calories 1/2 c 0g fat 1g protein 4g carbs 2g sugar</p>	<p>Pears 60 cal 1/2 c 0g fat 14g carbs 11g sugar</p> <p>Pineapples 80 calories 1/2 c 0g fat 18 carbs 18 g sugar</p> <p>Applesauce 80 1/2 c 0g fat 22 carbs 18 g sugar</p> <p>Mandarin Oranges 60 cal 1/2 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>Diced Chicken 120cal 3 oz 1.5 g fat 2 g protein 0 g carbs 0 g sugar</p> <p>Sausage patty 2 each 450 calories 43 g fat 13 g protein 2 g sugar 2g carbs</p> <p>Breaded Chicken Patty 1 each 220 calories 14 fat 12 g protein 12 carbs 0 g sugar</p> <p>Corn dog 220 cal (1) 13 g fat 7 g protein 18 g carbs 6 g sugar</p>	<p>French Toast 210 calories 3 each 9 g fat 8 g protein 26 g carbs 11 g sugar</p> <p>Saltine Crackers 5 crackers Cal 60 1.5g fat 1g protein 11g carbs 0g sugar</p>	<p>Cheese stick (1) 8 g fat 6 g protein 1 g carbs 0 g sugar</p> <p>White Chili seasoning 1 tsp (1cup chili) 30 calories 0.5 g fat <1g protein 1 g sugar 6 g carbs</p> <p>Sour cream 2 tsp 60 calories fat 5 g sugar 1g carbs 1 g protein 1 g</p> <p>Syrup 120 cal 1.5 fl oz 0 g fat 0 g protein 31 g carb 19 g sugar</p> <p>Yogurt (tube 56 g) 50 cal 0.5 fat 2 g protein 10 g carbs 8 g sugar</p>
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