

# God Rock Café Nutrition Value Information Chart

Menu for March 2020

	Vegetable	Fruit Assorted fruits served daily	Protein-meat	Bread/Other	Other/ Dairy, Milk (half pints)
<b>Week 1</b>	<b>Cooked Carrots</b> 20 calories ½ c 0 g fat 0 g protein 4 g carbs 2 g sugar	<b>Applesauce</b> 80 1/2 c 0g fat 22 carbs 18 g sugar	<b>Pancake &amp; Sausage on a stick (Jimmy Dean)</b>	<b>Syrup</b> 120 calories 1.5 fl oz 0 g fat 0 g protein 31 g carb 19 g sugar	<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>Hash brown (1)</b> 130 cal 7.5 g fat protein 1 g 15 g carbs 0 g sugar	<b>Strawberries</b> 46 cal 0 g fat 1 g protein 11 g carbs 7 g sugar	<b>1-sm 2 lg 250 calories</b> 15 g fat 6 g protein 22 g carbs 9 g sugar	<b>Baked Chocolate chip &amp; Sugar Cookies</b> 1 cookie 120 cal 6g fat 17g carbs 10 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 <b>Cheddar cheese</b> 110 calories 1/4c 9g fat 7g protein 1 g carbs 0 g sugar <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>Fried Rice w/vegetables</b> 270 calories--approx 2 cups/3 cups 2.5 g fat 6 g protein 54 g carbs 3 g sugar	<b>Tropical Mixed fruit</b> 90 cal 2/3c cup 0 g fat 0 g protein 22 g carbs 21 g sugar	<b>Corn dog 220 cal (1)</b> 13 g fat 7 g protein 18 g carbs 6 g sugar  <b>Diced Chicken</b> 120 calorie 3 oz 1.5 fat 26 g Protein 0 g carbs 0 gSugar		

<b>Week 2</b>	<p><b>Green beans</b> 20 calories ½ c 0g fat 1g protein 4g/2g carbs/sugar</p> <p><b>Corn</b> 80 cal ½ c 0g fat 0g protein 18g carbs 18g sugar</p> <p><b>Mixed vegetables</b> <b>45 cal</b> 1/2c 0 g fat 1 g protein 8g carbs 1 g sugar</p> <p><b>Peas</b> 60 cal ½ c 0g fat 4g protein 11g carbs 4g sugar</p> <p><b>Jambalaya Rice</b> <b>Rice 160</b> <b>calories</b> 1/4 c 0 g fat 3 g protein 3g carbs 0 g sugar *seasoning ¼ teaspoon 0 calories 0 g fat 0 g protein 0 g carbs 0 g sugar</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 0g fat 14g carbs 11g sugar</p> <p><b>Applesauce</b> 1/2 c 80 calories 0g fat 22 carbs 18 g sugar</p> <p><b>Mandarin</b> <b>Oranges</b> 60 cal ½ c 0g fat 14g carbs 11 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>Chicken Patty</b> <b>Breaded Chicken</b> <b>Patty 1 each</b> 220 calories 14 fat 12 g protein 12 carbs 0 g sugar</p> <p><b>Smoked Sausage-</b> <b>Eckrich</b> <b>150 calories</b> <b>2oz</b> 17 g fat 7 g protein 5 g carbs 1 g sugar</p> <p><b>Pizza Bosco stick</b> <b>(1)</b>250 cal 8 g fat 11 g protein 32 g carbs 2 g sugar</p> <p><b>Pretzel Bosco</b> <b>stick (1)</b>200 cal 7 g fat 7 g protein 27 carbs 3 g sugar</p> <p><b>Diced Chicken*</b> <b>120 calories</b> 3 oz 1.5 fat 26 g Protein 0 g carbs 0 g Sugar</p>	<p><b>Bun (1)</b> 100 calories 1 g fat 3 g protein 20 g carbs 3 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>BBQ Sauce* 60 calories 2 tsp</b> 0 g fat 0 g protein 14 g carbs 12 g sugar</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>Side Salad 2.1 oz</b> 10 calories 0 g fat 1 g protein 2 g carbs 1 g sugar</p> <p><b>Green beans</b> 20 calories ½ c 0g fat 1g protein 4g/2g carbs/sugar</p> <p><b>Cole Slaw 20 cal</b> 1.5 cup 0 g fat 1g protein 5 g carbs 2 g sugar</p> <p><b>Mashed Potatoes</b> 130 calories ½ cup 4 g fat 3 g protein 22 g carbs 3 g protein</p>	<p><b>Mandarin</b> <b>Oranges</b> 60 cal ½ c 0g fat 14g carbs 11 g sugar</p> <p><b>Pears</b> 60 cal ½ c 0g fat 14g carbs 11g sugar</p> <p><b>Pineapples</b> 80 calories ½ c 0g fat 18 carbs 18 g sugar</p> <p><b>Mixed Fruit</b> 70 calories ½ c 0g fat 17g carbs 15g sugar</p>	<p><b>Chicken nuggets</b> <b>5 each</b> 210 calories 11 g fat 12 g protein 14 g carbs 0 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>Fish 5 sticks</b> 250 calories 11 g fat 12 g protein 26 g carbs 1 g sugar</p> <p><b>Turkey Bacon 1</b> <b>slice (serve 2</b> <b>slices-small)</b>45 <b>calories</b> 2.5 g fat 5 g protein 1 g carbs 0 g sugar</p> <p><b>Pork Fritter</b> <b>Breaded pork 240</b> <b>cal (1)</b> 15 g fat 14 g protein 12 g carbs 1 g sugar</p>	<p><b>Pizza-The Max</b> <b>with turkey &amp; beef</b> <b>(1 slice)</b>270 cal 8 g fat 16 g protein 33 g carbs 3 g sugar</p> <p><b>French Toast</b> 210 calories 3 each 9 g fat 8 g protein 26 g carbs 11 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>Mayo*coleslaw</b> 1tsp 90 cal 10g fat 0g carbs 0 grams sugar</p> <p><b>Yogurt 50 cal</b> 0.5 fat 2 g protein 10 g carbs 8 g sugar</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 1 0g fat 1 g carbs 1g 0g sugar</p> <p><b>Honey Mustard</b> 60 calories 1 fl oz 2.5 g fat 7 g carbs 9 g sugar</p>
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**Week 4**

*(Peas & Carrots)*  
**Peas** 60 cal ½ c  
0g fat 4g protein  
11g carbs 4g sugar  
**Cooked Carrots**  
20 calories ½ c 0  
g fat 0 g protein  
4 g carbs 2 g sugar  
**Green beans**  
20 calories ½ c  
0g fat 1g protein  
4g carbs 2g sugar  
**Sweet Potatoes**  
**130 calories .67**  
**cup** 0 g fat 0 g  
protein 34 g carbs  
22 g sugar  
**Scrambled**  
**eggs\*based on 1**  
**large egg -**  
**serving 1 cup-**  
**small**  
7 g fat 6 g protein  
1 g carbs 0.8 g  
sugar  
**Hash brown (1)**  
130 cal 7.5 g fat  
protein 1 g 15 g  
carbs 0 g sugar  
**Tator Tots 130 cal**  
**2.52 oz** 6 g fat  
2 g protein 16 g  
carbs 0 g sugar

**Pears** 60 cal ½ c  
0g fat  
14g carbs 11g  
sugar  
**Pineapples** 80  
calories  
½ c 0g fat 18  
carbs 18 g sugar  
**Applesauce** 80 1/2  
c 0g fat 22 carbs  
18 g sugar  
**Mandarin**  
**Oranges**  
60 cal ½ c 0g fat  
14g carbs 11 g  
sugar

**Diced Chicken**  
**120 calories**  
3 oz 1.5 fat 26 g  
Protein 0 g carbs 0  
g Sugar  
**Hot dog**  
170 cal (1) 16 g  
fat 6 g protein 1 g  
carbs 1 g sugars  
**Sausage links**  
120 cal (1) 12 g fat  
4 g protein 0 g  
carbs 0 g sugar  
**Breaded Chicken**  
**Patty 1 each**  
220 calories 14 fat  
12 g protein 12  
carbs 0 g sugar  
**Ham 120 cal**  
**4 slices**  
2 g fat 13 g protein  
3 g carbs 2 g sugar

**Bosco stick (1)**  
250 cal 8 g fat  
11 g protein  
32 g carbs 2 g  
sugar  
**Bun (1)**  
100 calories 1 g  
fat 3 g protein 20  
g carbs 3 g sugar  
**Mac noodles**  
**200 calories 2 oz**  
1 g fat 7 g protein  
42 g carbs 12 g  
sugar

**Cheese slices (2 each)** 110cal 8 g fat 5 g  
protein 20 g carbs sugar 0 g  
**Cheddar cheese** 110 calories 1/4c 9g fat 7g  
protein 1 g carbs 0 g sugar  
**Alfredo sauce 100 calories ¼ cup**  
6 g fat 2 g protein 9 g carbs 1 g sugar