

WEEK 1 DATE _____

<p>Ranchero Breakfast Burrito #12735 includes:</p> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	<p>Scrambled Egg Patty w/Turkey Sausage #12714 includes:</p> <ul style="list-style-type: none"> • Scrambled egg patty • Turkey sausage • Cheesy potatoes 	<p>Cheesy Egg Omelet #12730 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Sweet rice • O'Brien potatoes 	<p>Huevos Rancheros #14803 includes:</p> <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	<p>Country Fried Steak #12772 includes:</p> <ul style="list-style-type: none"> • Chicken & beef patty • Mashed potatoes • Chicken gravy • Diced carrots 	<p>Cheese Omelet & Oatmeal #12716 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Oatmeal 	<p>Sausage & Egg Scramble #12743 includes:</p> <ul style="list-style-type: none"> • Turkey sausage • Scrambled eggs • O'Brien potatoes
--	--	--	---	--	---	--

<p>BBQ Chicken Patty #12757 includes:</p> <ul style="list-style-type: none"> • Chicken patty • BBQ sauce • White rice • Pinto beans <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Grilled Ham & Cheese Sandwich #12721 includes:</p> <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Chicken Burrito w/Enchilada Sauce #12701 includes:</p> <ul style="list-style-type: none"> • Chicken burrito • Enchilada sauce • White rice • Black beans <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Sloppy Joe #12703 includes:</p> <ul style="list-style-type: none"> • Sloppy Joe BBQ sauce w/beef • Chunk roasted potatoes • 4-way vegetable blend <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Teriyaki Chicken #12707 includes:</p> <ul style="list-style-type: none"> • Teriyaki chicken w/sauce • White rice • 4-way vegetable blend <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Chicken Patty #12764 includes:</p> <ul style="list-style-type: none"> • Chicken patty • Ranchero sauce • White rice • Green beans <p>WG Bread Slices #10075</p> <p>Oatmeal Cookies #10173</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Country Gravy & Biscuits #12740 includes:</p> <ul style="list-style-type: none"> • Creamed beef • Biscuit • O'Brien potatoes <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>
--	--	---	--	--	---	--

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink 	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Salami Sandwich #11955 includes:</p> <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG apple chunk muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink

WEEK 2 DATE _____

<p>Ranchero Breakfast Burrito #12735 includes:</p> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	<p>Country Fried Steak #12772 includes:</p> <ul style="list-style-type: none"> • Chicken & beef patty • Mashed potatoes • Chicken gravy • Diced carrots 	<p>Cheesy Egg Omelet #12730 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Sweet rice • O'Brien potatoes 	<p>Turkey Sausage w/Cheese Omelet #12717 includes:</p> <ul style="list-style-type: none"> • Turkey sausage • Omelet • Grits 	<p>Country Gravy & Biscuits #12740 includes:</p> <ul style="list-style-type: none"> • Creamed beef • Biscuit • O'Brien potatoes 	<p>Huevos Rancheros #14803 includes:</p> <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	<p>Cheese Omelet & Oatmeal #12716 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Oatmeal
--	--	--	---	---	---	---

<p>Macaroni & Cheese #12704 includes:</p> <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans 	<p>Meat Loaf #12720 includes:</p> <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes 	<p>Teriyaki Chicken #12707 includes:</p> <ul style="list-style-type: none"> • Teriyaki chicken w/sauce • White rice • 4-way vegetable blend 	<p>Creamy Tuna Casserole #12726 includes:</p> <ul style="list-style-type: none"> • Tuna casserole • 4-way vegetable blend 	<p>Chicken Apple BBQ #12711 includes:</p> <ul style="list-style-type: none"> • Chicken in apple BBQ sauce • Chunk roasted potatoes • Corn 	<p>Salisbury Steak #12768 includes:</p> <ul style="list-style-type: none"> • Beef Salisbury steak • Beef gravy • Mashed potatoes • 4-way vegetable blend 	<p>Spaghetti w/Meat Sauce #12767 includes:</p> <ul style="list-style-type: none"> • Spaghetti w/meat sauce • Parmesan cheese • Green beans
<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>	<p>WG Bread Slices #10075</p>
<p>Chocolate Chip Cookies #10132</p>	<p>Krackle Sugar Cookies #10390</p>	<p>Oatmeal Cookies #10173</p>	<p>Oatmeal Cookies #10173</p>	<p>Oatmeal Cookies #10173</p>	<p>Krackle Sugar Cookies #10390</p>	<p>Chocolate Chip Cookies #10132</p>
<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>	<p>Enriched Drink Mix #15540 or #15542</p>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink 	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Salami Sandwich #11955 includes:</p> <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG apple chunk muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink

WEEK 3 DATE _____

<p>Ranchero Breakfast Burrito #12735 includes:</p> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	<p>Country Gravy & Biscuits #12740 includes:</p> <ul style="list-style-type: none"> • Creamed beef • Biscuit • O'Brien potatoes 	<p>Cheesy Egg Omelet #12730 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Sweet rice • O'Brien potatoes 	<p>Sausage & Egg Scramble #12743 includes:</p> <ul style="list-style-type: none"> • Turkey sausage • Scrambled eggs • O'Brien potatoes 	<p>Huevos Rancheros #14803 includes:</p> <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	<p>Cheese Omelet & Oatmeal #12716 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Oatmeal 	<p>Scrambled Egg Patty w/Turkey Sausage #12714 includes:</p> <ul style="list-style-type: none"> • Scrambled egg patty • Turkey sausage • Cheesy potatoes
--	---	--	--	---	---	--

<p>Lasagna #12756 includes:</p> <ul style="list-style-type: none"> • Lasagna • Shredded mozzarella cheese • Green beans 	<p>Creamy Chicken Alfredo #12706 includes:</p> <ul style="list-style-type: none"> • Chicken Alfredo • Rotini • Corn 	<p>Chili Con Carne #12719 includes:</p> <ul style="list-style-type: none"> • Chilli sauce w/beef & beans • Shredded cheese blend • White rice • 4-way vegetable blend 	<p>Grilled Ham & Cheese Sandwich #12721 includes:</p> <ul style="list-style-type: none"> • Grilled ham & cheese sandwich • Tomato soup 	<p>Creamy Chicken Casserole #12786 includes:</p> <ul style="list-style-type: none"> • Chicken & gravy • Seasoned rotini • 4-way vegetable blend 	<p>Crunchy Cornmeal Pollock #12777 includes:</p> <ul style="list-style-type: none"> • Breaded pollock patty • White rice • Vegetables 	<p>Bean & Cheese Burrito #14800 includes:</p> <ul style="list-style-type: none"> • Bean & cheese burrito • White rice • Corn
WG Bread Slices #10075	WG Bread Slices #10075	WG Bread Slices #10075	WG Bread Slices #10075	WG Bread Slices #10075	WG Bread Slices #10075	WG Bread Slices #10075
Krackle Sugar Cookies #10390	Oatmeal Cookies #10173	Krackle Sugar Cookies #10390	Chocolate Chip Cookies #10132	Chocolate Chip Cookies #10132	Krackle Sugar Cookies #10390	Krackle Sugar Cookies #10390
Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542	Enriched Drink Mix #15540 or #15542

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink 	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Salami Sandwich #11955 includes:</p> <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG apple chunk muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink

WEEK 4 DATE _____

<p>Sausage & Egg Scramble #12743 includes:</p> <ul style="list-style-type: none"> • Turkey sausage • Scrambled eggs • O'Brien potatoes 	<p>Ranchero Breakfast Burrito #12735 includes:</p> <ul style="list-style-type: none"> • Zesty egg wrap • Ranchero sauce • Sweet rice 	<p>Huevos Rancheros #12723 includes:</p> <ul style="list-style-type: none"> • Huevos rancheros • Green chili grits 	<p>Country Gravy & Biscuits #12740 includes:</p> <ul style="list-style-type: none"> • Creamed beef • Biscuit • O'Brien potatoes 	<p>Cheese Omelet & Oatmeal #12716 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Oatmeal 	<p>Scrambled Egg Patty w/Turkey Sausage #12714 includes:</p> <ul style="list-style-type: none"> • Scrambled egg patty • Turkey sausage • Cheesy potatoes 	<p>Cheesy Egg Omelet #12730 includes:</p> <ul style="list-style-type: none"> • Omelet • American cheese • Sweet rice • O'Brien potatoes
--	--	---	---	---	--	--

<p>German Style Goulash #12734 includes:</p> <ul style="list-style-type: none"> • German style ground beef goulash • Macaroni noodles • Spinach blend <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Chicken Patty #12764 includes:</p> <ul style="list-style-type: none"> • Breaded chicken patty • Ranchero sauce • White rice • Green beans <p>WG Bread Slices #10075</p> <p>Oatmeal Cookies #10173</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Meat Loaf #12720 includes:</p> <ul style="list-style-type: none"> • Beef meat loaf patty • Beef gravy • Green beans • Mashed potatoes <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Macaroni & Cheese #12704 includes:</p> <ul style="list-style-type: none"> • Macaroni w/cheese sauce • Green beans <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Creamy Chicken Alfredo #12706 includes:</p> <ul style="list-style-type: none"> • Chicken Alfredo • Rotini • Corn <p>WG Bread Slices #10075</p> <p>Chocolate Chip Cookies #10132</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Chili Con Carne #12719 includes:</p> <ul style="list-style-type: none"> • Chilli sauce w/beef & beans • Shredded cheese blend • White rice • 4-way vegetable blend <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>	<p>Chicken Link w/Pasta Marinara #12758 includes:</p> <ul style="list-style-type: none"> • Chicken link • Noodles w/marinara sauce • Vegetables <p>WG Bread Slices #10075</p> <p>Krackle Sugar Cookies #10390</p> <p>Enriched Drink Mix #15540 or #15542</p>
---	---	---	--	--	--	---

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DINNER	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink 	<p>Turkey Bologna Sandwich #11954 includes:</p> <ul style="list-style-type: none"> • Sliced turkey bologna • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Cheddar Sunchips • Pumpkin muffin • Enriched raspberry lemon drink 	<p>Turkey Salami Sandwich #11955 includes:</p> <ul style="list-style-type: none"> • Sliced turkey salami • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG apple chunk muffin • Enriched raspberry lemon drink 	<p>Turkey Ham Sandwich #11953 includes:</p> <ul style="list-style-type: none"> • Sliced turkey ham • American cheese • WG bread slices • Mustard packets • Salad dressing packet • Original Sunchips • WG chocolate chip cookies • Enriched raspberry lemon drink 	<p>Peanut Butter & Jelly Sandwich #11956 includes:</p> <ul style="list-style-type: none"> • Peanut butter packets • Grape jelly packets • WG bread slices • Chocolate brownies • Enriched raspberry lemon drink



WASHINGTON STATE
CORRECTIONAL INDUSTRIES

DATE _____

WEEKLY TOTALS

WEEK 1	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 1) Sun	2,311	81	70	18	0	351	353	906	3,256	91	45	21
(Day 2) Mon	2,256	93	78	25	0	302	481	1,727	3,743	252	25	20
(Day 3) Tue	3,232	114	92	28	0	497	448	1,384	2,844	179	51	34
(Day 4) Wed	3,735	90	106	33	0	326	258	1,107	3,445	168	26	19
(Day 5) Thu	2,627	98	70	27	0	382	367	1,388	3,006	162	24	18
(Day 6) Fri	2,493	93	78	28	0	328	373	1,026	3,305	151	23	25
(Day 7) Sat	2,922	97	101	28	0	405	417	1,430	2,499	150	28	24
TOTAL NUTRITION	19,576	666	595	187	0	2,591	2,697	8,968	22,098	1,153	222	161
DAILY AVERAGE*	2,797	95	85	27	0	370	385	1,281	3,157	165	32	23

*Daily values used: 2,500 53 81 25 0 412 300 1,100 2,400 75 25 18

WEEK 2	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 8) Sun	2,789	88	88	35	0	374	368	1,569	3,088	173	21	31
(Day 9) Mon	2,581	86	88	33	0	338	248	1,281	3,744	159	31	15
(Day 10) Tue	3,014	99	87	26	0	448	452	1,228	2,511	161	31	23
(Day 11) Wed	2,421	96	82	27	0	331	423	1,280	3,328	224	18	18
(Day 12) Thu	2,854	101	92	28	0	361	378	1,014	2,822	167	26	17
(Day 13) Fri	2,576	93	84	30	0	341	253	1,377	3,404	180	28	19
(Day 14) Sat	2,922	107	102	31	0	417	369	1,922	2,673	205	35	27
TOTAL NUTRITION	19,157	670	623	210	0	2,610	2,491	9,671	21,570	1,269	190	150
DAILY AVERAGE*	2,737	96	89	30	1	373	356	1,382	3,081	181	27	21

*Daily values used: 2,500 53 81 25 0 412 300 1,100 2,400 75 25 18

WEEK 3	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 15) Sun	2,630	92	78	26	0	364	361	1,426	3,389	170	23	19
(Day 16) Mon	2,693	94	86	33	0	368	199	1,353	3,475	161	23	16
(Day 17) Tue	3,085	106	95	31	0	446	437	1,349	2,077	182	35	29
(Day 18) Wed	2,226	88	82	21	0	324	411	1,084	3,870	141	23	19
(Day 19) Thu	2,625	97	76	25	0	353	439	1,416	3,360	201	26	21
(Day 20) Fri	2,587	95	92	28	0	351	355	962	3,321	101	25	20
(Day 21) Sat	3,117	103	99	30	0	403	350	1,755	2,117	132	26	24
TOTAL NUTRITION	18,963	675	608	194	0	2,609	2,552	9,345	21,609	1,088	181	148
DAILY AVERAGE*	2,670	96	87	28	0	373	365	1,335	3,087	155	26	21

*Daily values used: 2,500 53 81 25 0 412 300 1,100 2,400 75 25 18

WEEK 4	Calories	Protein (g)	Fat (g)	SatFat (g)	Trans (g)	Carb. (g)	Chol. (mg)	Calc. (mg)	Sod. (mg)	Vit. C (mg)	Fiber (g)	Iron (mg)
(Day 22) Sun	2,679	91	99	34	0	298	197	1,274	3,286	166	29	19
(Day 23) Mon	2,463	93	76	24	0	329	431	1,314	3,122	198	24	20
(Day 24) Tue	2,972	97	99	31	0	412	486	1,194	2,739	176	32	23
(Day 25) Wed	2,834	93	103	43	0	358	175	1,658	3,524	156	24	18
(Day 26) Thu	2,636	93	71	24	0	384	394	1,363	3,392	153	23	17
(Day 27) Fri	2,617	93	79	27	0	322	374	1,551	2,977	289	29	23
(Day 28) Sat	2,845	116	96	28	0	367	407	1,138	2,431	145	32	22
TOTAL NUTRITION	19,046	676	623	211	0	2,470	2,464	9,492	21,471	1,283	193	142
DAILY AVERAGE*	2,721	97	89	30	0	353	352	1,356	3,067	183	28	20

*Daily values used: 2,500 53 81 25 0 412 300 1,100 2,400 75 25 18

For people with disabilities, this document is available on request in other formats. To submit a request, please email DOCPublications@doc.wa.gov.