

# MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1. Pasta Day!</b> <b>Chicken Paprikash, with Spaetzels</b> 400 Cal, 20g Fat, 30g Carb, 24g Protein <b>and Warm wheat rolls.</b> 120 Cal, 2g Fat, 20g Carb, 5g Protein	<b>2 Taco Tuesday</b> Whole wheat taco shell 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	<b>3 Breakfast Day!</b> <b>Egg cheese and bacon on English muffins, with hash browns and v</b> <i>EGG CHEESE AND BACON EGG CHEESE ON ENGLISH MUFFINS</i> 300 Cal, 21g Fat, 15g Carb, 12g Pro <i>HASHBROWNS</i> 100 Cal, 3g Fat, 15g Carb, 3g Pro <i>VANILLA YOGURT</i> 85 Cal, 4g fat, 8g Carb, 4g Pranilla yogurt.	<b>4. Chicken Pot Pie</b> <b>Stuffed with brown rice and veggies.</b> 380 Cal, 20g Fat, 28g Carb, 22g Protein	<b>5. Pizza Day!</b> <b>Whole wheat dough, Meatball, bacon or cheese, or veggie,</b> 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) <i>CARROT STICKS.</i> 35 Cal, 0g Fat, 8g Carb, 1g Pro ies.
<b>8 Pasta Day!</b> whole grain penne pasta with marinara 100 Cal, 3g Fat, 15g Carb, 3g Pro Hand rolled meatballs 210 cal, 10g fat, 9g carb, 21g protein Whole grain garlic bread 120 Cal, 2g Fat, 20g Carb, 5g Pro Fresh steamed veggies 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>9. Chicken Fajitas</b> <b>With wheat soft shells, green and red peppers, onions and cheddar cheese, side Cal</b> <b>140.0 fat 5.0g carbs 2.0g pro</b> <b>20.0g of Spanish rice.</b>	<b>10. Breakfast Day!</b> 95 Cal, 4g Fat, 13g Carb, 2g Pro <i>HOMEMADE BERRY SYRUP</i> (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro <i>SCRAMBLED EGGS</i> 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g prod <b>Waffles, sausage, scrambled eggs and homefries.</b>	<b>11. Cheeseburgers</b> 440 Cal, 25g Fat, 30g Carb, 19g Pro <b>And potato salad</b> 150 Cal, 5g Fat, 23g Carb, 2g protein <b>with corn on the cob.</b> 70 cal, 0g fat, 15g carb, 2g protein	<b>12. Pizza Day!</b> <b>Whole wheat dough, meatball, bacon or cheese, with fresh veggies.</b>
<b>15 Pasta Day!</b> <b>Orzo Primavera, Fresh veggies with olive oil, and garlic, tossed with orzo pasta and parmesan cheese.</b> 290 Cal, 19g Fat, 22g Carb, 8g Protein	<b>16. Nacho Day</b> Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	<b>17. Breakfast day!</b> <b>Jumbo muffins, with ham and cheese frittata. Hash browns.</b>	<b>18. Italian Sausage subs</b> <b>With green and red peppers, marinara and mozzarella cheese.</b> 305 cal, 14g fat, 26g carb, 19g pro	<b>19. Pizza Day!</b> <b>Whole wheat dough, meatball, bacon or cheese, with fresh veggies.</b>
<b>22. Pasta Day!</b> <b>Beef Stroganoff with egg noodles</b> 335 Cal, 15g Fat, 28g Carb, 22g Protein <b>and warm rolls.</b> 120 Cal, 2g Fat, 20g Carb, 5g Protein	<b>23. Chicken Enchiladas</b> <b>Stuffed with chicken and cheese, served with brown rice and c Cal 350.0 fat 9.0g carbs</b> <b>40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro orn.</b>	<b>24. Breakfast Day!</b> <b>Pancakes, Scrambled eggs, hash browns, and Pancakes (1)</b> 95 Cal, 4g Fat, 13g Carb, 2g Pro <i>HOMEMADE BERRY SYRUP</i> (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro <i>SCRAMBLED EGGS</i> 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g prod <b>Scrambled eggs.</b>	<b>25. BBQ Chicken Breast</b> <b>With mac and cheese, green beans and corn</b> 315 Cal, 14g Fat, 15g Carb, 32g Pro <b>150 Cal, 5g Fat, 23g Carb, 2g protein bread.</b>	<b>26. Pizza Day!</b> <b>Whole wheat dough, Meatball, bacon or cheese, with fresh veggies.</b>