

## Nutrition Data for the Regular Menu

<p><b>MONDAY, OCT. 9</b></p> <p><b>Calories 543.819</b>  <b>Fat 20.518 g</b>  <b>Sat. Fat 9.140 g</b>  <b>Chol. 69.200 mg</b>  <b>Carb. 60.227 g</b></p> <p><i>*cook's choice not added to this data</i></p>	<p><b>MONDAY, OCT. 16</b></p> <p><b>Calories 688.869</b>  <b>Fat 19.734 g</b>  <b>Sat. Fat 10.177 g</b>  <b>Chol. 50.600 mg</b>  <b>Carb. 93.934 g</b></p> <p><i>*cook's choice not added to this data</i></p>
<p><b>TUESDAY, OCT. 10</b></p> <p><b>Calories 650.300</b>  <b>Fat 28.710 g</b>  <b>Sat. Fat 9.700 g</b>  <b>Chol. 60.000 mg</b>  <b>Carb. 76.120 g</b></p>	<p><b>TUESDAY, OCT. 17</b></p> <p><b>Calories 638.907</b>  <b>Fat 47.073 g</b>  <b>Sat. Fat 11.069 g</b>  <b>Chol. 91.167 mg</b>  <b>Carb. 33.847 g</b></p>
<p><b>WEDNESDAY, OCT. 11</b></p> <p><b>Calories 740.835</b>  <b>Fat 45.792 g</b>  <b>Sat. Fat 16.575 g</b>  <b>Chol. 58.370 mg</b>  <b>Carb. 56.018 g</b></p>	<p><b>WEDNESDAY, OCT. 18</b></p> <p><b>Calories 823.103</b>  <b>Fat 37.389 g</b>  <b>Sat. Fat 16.141 g</b>  <b>Chol. 78.038 mg</b>  <b>Carb. 91.231 g</b></p>
<p><b>THURSDAY, OCT. 12</b></p> <p><b>Calories 920.678</b>  <b>Fat 22.041 g</b>  <b>Sat. Fat 8.625 g</b>  <b>Chol. 45.00 mg</b>  <b>Carb. 150.984 g</b></p>	<p><b>THURSDAY, OCT. 19</b></p> <p><b>Calories 690.724</b>  <b>Fat 27.916 g</b>  <b>Sat. Fat 12.087 g</b>  <b>Chol. 58.110 mg</b>  <b>Carb. 83.586 g</b></p>
<p><b>FRIDAY, OCT. 13</b></p> <p style="text-align: center;"><b>NO SCHOOL NEOTA DAY</b></p>	<p><b>FRIDAY, OCT. 6</b></p> <p><b>Calories 962.539</b>  <b>Fat 23.767 g</b>  <b>Sat. Fat 6.597 g</b>  <b>Chol. 78.795 mg</b>  <b>Carb. 151.668 g</b></p>

These figures could be incorrect. We try to be as accurate as possible, but if you have an affliction that requires exact dietary information, we recommend contacting a doctor or nutritionist to formulate your diet.

## Nutrition Data for the Regular Menu

<b>MONDAY, OCT. 23</b>  <b>Calories</b> 702.942 <b>Fat</b> 24.911 g <b>Sat. Fat</b> 6.435 g <b>Chol.</b> 60.260 mg <b>Carb.</b> 87.260 g	<b>MONDAY, OCT. 30</b>  <b>Calories</b> 807.300 <b>Fat</b> 35.560 g <b>Sat. Fat</b> 15.175 g <b>Chol.</b> 86.070 mg <b>Carb.</b> 91.104 g
<b>TUESDAY, OCT. 24</b>  <b>Calories</b> 621.495 <b>Fat</b> 24.800 g <b>Sat. Fat</b> 7.920 g <b>Chol.</b> 50.070 mg <b>Carb.</b> 82.057 g <i>*cook's choice fruit not added to this data</i>	<b>TUESDAY, OCT. 31</b>  <b>Calories</b> 838.791 <b>Fat</b> 30.243 g <b>Sat. Fat</b> 11.034 g <b>Chol.</b> 75.000 mg <b>Carb.</b> 110.490 g
<b>WEDNESDAY, OCT. 25</b>  <b>Calories</b> 1112.556 <b>Fat</b> 29.016 g <b>Sat. Fat</b> 8.039 g <b>Chol.</b> 23.800 mg <b>Carb.</b> 175.565 g	<b>WEDNESDAY, NOV. 1</b>  <b>Calories</b> 730.979 <b>Fat</b> 19.330 g <b>Sat. Fat</b> 5.606 g <b>Chol.</b> 55.870 mg <b>Carb.</b> 111.976 g
<b>THURSDAY, OCT. 26</b>  <b>Calories</b> 945.895 <b>Fat</b> 29.763 g <b>Sat. Fat</b> 11.334 g <b>Chol.</b> 71.490 mg <b>Carb.</b> 133.605 g	<b>THURSDAY, NOV. 2</b>  <b>Calories</b> 645.66 <b>Fat</b> 21.37 g <b>Sat. Fat</b> 10.44 g <b>Chol.</b> 58.8 mg <b>Carb.</b> 87.06 g
<b>FRIDAY, OCT. 27</b>  <b>Calories</b> 772.705 <b>Fat</b> 37.653 g <b>Sat. Fat</b> 12.871 g <b>Chol.</b> 67.930 mg <b>Carb.</b> 77.582 g	<b>FRIDAY, NOV. 3</b>  <b>Calories</b> 781.054 <b>Fat</b> 25.389 g <b>Sat. Fat</b> 6.860 g <b>Chol.</b> 58.703 mg <b>Carb.</b> 109.387 g

These figures could be incorrect. We try to be as accurate as possible, but if you have an affliction that requires exact dietary information, we recommend contacting a doctor or nutritionist to formulate your diet.

<b>MONDAY, NOV. 6</b>  <b>Calories 581.000</b> <b>Fat 23.155</b> <b>Sat. Fat 6.775 g</b> <b>Chol. 87.500 mg</b> <b>Carb. 73.130 g</b> <i>*cook's choice fruit not added to this data</i>	<b>MONDAY, NOV. 13</b>  <b>Calories 636.61</b> <b>Fat 27.160 g</b> <b>Sat. Fat 9.375 g</b> <b>Chol. 68.75 mg</b> <b>Carb. 76.200 g</b> <i>*cook's choice fruit not added to this data</i>
<b>TUESDAY, NOV. 7</b>  <b>Calories 877.82</b> <b>Fat 33.228 g</b> <b>Sat. Fat 11.825 g</b> <b>Chol. 60.949mg</b> <b>Carb. 119.78 g</b>	<b>TUESDAY, NOV. 14</b>  <b>Calories 912.891</b> <b>Fat 46.720 g</b> <b>Sat. Fat 11.810 g</b> <b>Chol. 32.500 mg</b> <b>Carb. 97.897 g</b>
<b>WEDNESDAY, NOV. 8</b>  <b>Calories 700.83</b> <b>Fat 26.904 g</b> <b>Sat. Fat 9.024 g</b> <b>Chol. 40.00 mg</b> <b>Carb. 88.252 g</b>	<b>WEDNESDAY, NOV. 15</b>  <b>Calories 868.74</b> <b>Fat 34.399 g</b> <b>Sat. Fat 17.069 g</b> <b>Chol. 87.000 mg</b> <b>Carb. 108.60 g</b>
<b>THURSDAY, NOV. 9</b>  <b>Calories 840.226</b> <b>Fat 21.141 g</b> <b>Sat. Fat 8.230 g</b> <b>Chol. 85.560 mg</b> <b>Carb. 119.912 g</b>	<b>THURSDAY, NOV. 16</b>  <b>Calories 971.810</b> <b>Fat 25.313 g</b> <b>Sat. Fat 11.769 g</b> <b>Chol. 62.590 mg</b> <b>Carb. 143.34 g</b>
<b>FRIDAY, NOV. 10</b>  <b>Calories 905.95</b> <b>Fat 35.391 g</b> <b>Sat. Fat 13.748 g</b> <b>Chol. 83.63 mg</b> <b>Carb. 115.014 g</b>	<b>FRIDAY, NOV. 17</b>  <b>Calories 879.20</b> <b>Fat 35.200 g</b> <b>Sat. Fat 12.900 g</b> <b>Chol. 69.600 mg</b> <b>Carb. 111.11 g</b>

These figures could be incorrect. We try to be as accurate as possible, but if you have an affliction that requires exact dietary information, we recommend contacting a doctor or nutritionist to formulate your diet.

<p><b>MONDAY, NOV. 20</b></p> <p><b>Calories 530.392</b>  <b>Fat 28.639 g</b>  <b>Sat. Fat 13.180 g</b>  <b>Chol. 72.601 mg</b>  <b>Carb. 48.348 g</b></p> <p><i>*cook's choice fruit not added to this data</i></p>	<p><b>MONDAY, NOV. 27</b></p> <p><b>Calories 634.724</b>  <b>Fat 24.299 g</b>  <b>Sat. Fat 9.375 g</b>  <b>Chol. 68.092 mg</b>  <b>Carb. 79.865 g</b></p> <p><i>*cook's choice fruit not added to this data</i></p>
<p><b>TUESDAY, NOV. 21</b></p> <p><b>COOK'S CHOICE</b></p>	<p><b>TUESDAY, NOV. 28</b></p> <p><b>Calories 745.431</b>  <b>Fat 34.828 g</b>  <b>Sat. Fat 14.246 g</b>  <b>Chol. 86.602 mg</b>  <b>Carb. 84.145 g</b></p>
<p><b>WEDNESDAY, NOV. 22</b></p> <p><b>NO SCHOOL</b></p>	<p><b>WEDNESDAY, NOV. 29</b></p> <p><b>Calories 852.180</b>  <b>Fat 22.721 g</b>  <b>Sat. Fat 9.618 g</b>  <b>Chol. 69.200 mg</b>  <b>Carb. 130.367 g</b></p>
<p><b>THURSDAY, NOV. 23</b></p> <p><b>NO SCHOOL</b></p>	<p><b>THURSDAY, NOV. 30</b></p> <p><b>Calories 792.87</b>  <b>Fat 31.962 g</b>  <b>Sat. Fat 13.910 g</b>  <b>Chol. 30.00 mg</b>  <b>Carb. 77.662 g</b></p>
<p><b>FRIDAY, NOV. 24</b></p> <p><b>NO SCHOOL</b></p>	<p><b>FRIDAY, DEC. 1</b></p> <p><b>Calories 915.282</b>  <b>Fat 37.172 g</b>  <b>Sat. Fat 14.514 g</b>  <b>Chol. 74.00 mg</b>  <b>Carb. 107.398 g</b></p>

These figures could be incorrect. We try to be as accurate as possible, but if you have an affliction that requires exact dietary information, we recommend contacting a doctor or nutritionist to formulate your diet.