<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Description</th>
<th>Vegetables 1/4 Cup per day</th>
<th>Additional Vegetable to reach Goal (1/2 Cup per week)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Ground Beef</td>
<td>2 oz Eq</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chicken</td>
<td>1.5 oz Eq</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>1.5 Meat, 1 cheese</td>
<td>2.5 oz Eq</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Ground Beef</td>
<td>1 oz Eq</td>
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</tr>
<tr>
<td>Friday</td>
<td>Cheese</td>
<td>1 oz Eq</td>
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<table>
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<tr>
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<tr>
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<tr>
<td>Spinach [1c]</td>
</tr>
<tr>
<td>Romaine [1/2c]</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Cherry Tomatoes</td>
</tr>
<tr>
<td>Salsa</td>
</tr>
<tr>
<td>Broccoli</td>
</tr>
<tr>
<td>Baked Beans</td>
</tr>
<tr>
<td>Refried Beans</td>
</tr>
<tr>
<td>Thyme</td>
</tr>
<tr>
<td>Cilantro</td>
</tr>
<tr>
<td>Peppers</td>
</tr>
<tr>
<td>Thyme</td>
</tr>
<tr>
<td>Cilantro</td>
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<td>Cilantro</td>
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<table>
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<td>1-10 oz per week</td>
</tr>
<tr>
<td>Beef</td>
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<table>
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<th>Vegetables 1/4 Cup per day (1/3 1/4 Cup per week)</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Spinach [1c]</td>
</tr>
<tr>
<td>Romaine [1/2c]</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Cherry Tomatoes</td>
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<tr>
<td>Salsa</td>
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<tr>
<td>Broccoli</td>
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<tr>
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<tr>
<td>Refried Beans</td>
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<tr>
<td>Thyme</td>
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<tr>
<td>Cilantro</td>
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<td>Peppers</td>
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<td>Cilantro</td>
</tr>
<tr>
<td>Peppers</td>
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<tr>
<td>Cilantro</td>
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<table>
<thead>
<tr>
<th>Additional Vegetable to reach Goal (1/2 Cup per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Beans</td>
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<tr>
<td>Cucumber</td>
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<tr>
<td>Cilantro</td>
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<table>
<thead>
<tr>
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<tr>
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<td>2-10 oz per week</td>
</tr>
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<table>
<thead>
<tr>
<th>Vegetables 1/4 Cup per day (1 Cup per day) (5 Cups per week)</th>
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<tr>
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</tr>
<tr>
<td>Romaine</td>
</tr>
<tr>
<td>Orange</td>
</tr>
<tr>
<td>Carrots</td>
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<tr>
<td>Cherry Tomatoes</td>
</tr>
<tr>
<td>Salsa</td>
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<tr>
<td>Broccoli</td>
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<td>Thyme</td>
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<tr>
<td>Cilantro</td>
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<tr>
<td>Peppers</td>
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<tr>
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</tr>
<tr>
<td>Cilantro</td>
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<tr>
<td>Peppers</td>
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<tr>
<td>Cilantro</td>
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<tr>
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<tbody>
<tr>
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<td>Cucumber</td>
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<tr>
<td>Cilantro</td>
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<th>Grades 13-14</th>
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<td>2-10 oz per week</td>
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<tr>
<td>WW Run Roll</td>
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<table>
<thead>
<tr>
<th>Vegetables 1/4 Cup per day (1/3 1/4 Cup per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
</tr>
<tr>
<td>Applesteak + Chil</td>
</tr>
<tr>
<td>Apple + Chil</td>
</tr>
<tr>
<td>Cantaloupe + Chil</td>
</tr>
<tr>
<td>Pears + Chil</td>
</tr>
<tr>
<td>Green Beans</td>
</tr>
<tr>
<td>Cucumber</td>
</tr>
<tr>
<td>Cilantro</td>
</tr>
<tr>
<td>Green Beans</td>
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<tr>
<td>Cucumber</td>
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<thead>
<tr>
<th>Additional Vegetable to reach Goal (1 1/2 Cup per week)</th>
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</thead>
<tbody>
<tr>
<td>Green Beans</td>
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<td>Cucumber</td>
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<td>Cilantro</td>
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<tr>
<th>Grades 15-16</th>
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<td>WW Run Roll</td>
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<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Green</td>
</tr>
<tr>
<td>Applesteak + Chil</td>
</tr>
<tr>
<td>Apple + Chil</td>
</tr>
<tr>
<td>Cantaloupe + Chil</td>
</tr>
<tr>
<td>Pears + Chil</td>
</tr>
<tr>
<td>Green Beans</td>
</tr>
<tr>
<td>Cucumber</td>
</tr>
<tr>
<td>Cilantro</td>
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<td>Green Beans</td>
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<tr>
<td>Cucumber</td>
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<thead>
<tr>
<th>Additional Vegetable to reach Goal (1 1/2 Cup per week)</th>
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<tbody>
<tr>
<td>Green Beans</td>
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<tr>
<td>Cucumber</td>
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<td>Cilantro</td>
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<td>Menu Item</td>
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<tr>
<td><strong>K-6 Standards</strong></td>
</tr>
<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
</tr>
<tr>
<td>Thursday</td>
</tr>
<tr>
<td>Friday</td>
</tr>
<tr>
<td><strong>Average</strong></td>
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<tr>
<td><strong>6-8 Standards</strong></td>
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<td>Monday</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Thursday</td>
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<tr>
<td>Friday</td>
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<td><strong>Average</strong></td>
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<tr>
<td><strong>9-12 Standards</strong></td>
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<td>Monday</td>
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<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td>Thursday</td>
</tr>
<tr>
<td>Friday</td>
</tr>
<tr>
<td><strong>Average</strong></td>
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---

### K-6

**Monday**

- Sloppy Joe on WW Bun: 263 calories, 446 mg sodium, 27.14 carbs, 3.68 total fat, 0.48 saturated fat
- Carrot sticks: 1/2 cup, 19 calories, 51 mg sodium, 4.02 carbs, 0.14 total fat, 0.03 saturated fat
- Baked Beans: 1/4 cup, 75 calories, 268 mg sodium, 17.98 carbs, 0.26 total fat, 0.06 saturated fat
- Applesauce, unsweetened: 1/2 cup, 50 calories, 15 mg sodium, 11.84 carbs, 0.01 total fat, 0.01 saturated fat
- Skim Chocolate Milk: 1/2 pint, 130 calories, 180 mg sodium, 24.44 carbs, 0.00 total fat, 0.00 saturated fat

**Total**

556 calories, 958 mg sodium, 87.14 carbs, 4.28 total fat, 0.56 saturated fat

---

### 6-8

**Monday**

- Sloppy Joe on WW Bun: 263 calories, 446 mg sodium, 27.14 carbs, 3.68 total fat, 0.48 saturated fat
- Carrot sticks: 1/2 cup, 18 calories, 51 mg sodium, 4.02 carbs, 0.14 total fat, 0.03 saturated fat
- Baked Beans: 1/4 cup, 75 calories, 256 mg sodium, 17.98 carbs, 0.26 total fat, 0.06 saturated fat
- Applesauce, unsweetened: 1/2 cup, 50 calories, 15 mg sodium, 11.84 carbs, 0.01 total fat, 0.01 saturated fat
- Skim Chocolate Milk: 1/2 pint, 130 calories, 180 mg sodium, 24.44 carbs, 0.00 total fat, 0.00 saturated fat

**Total**

556 calories, 958 mg sodium, 87.14 carbs, 4.28 total fat, 0.56 saturated fat

---

### 9-12

**Monday**

- Sloppy Joe on WW Bun: 263 calories, 446 mg sodium, 27.14 carbs, 3.68 total fat, 0.48 saturated fat
- Carrot sticks: 1/2 cup, 18 calories, 51 mg sodium, 4.02 carbs, 0.14 total fat, 0.03 saturated fat
- Baked Beans: 1/4 cup, 75 calories, 252 mg sodium, 17.98 carbs, 0.26 total fat, 0.06 saturated fat
- Applesauce, unsweetened: 1/2 cup, 50 calories, 15 mg sodium, 11.84 carbs, 0.01 total fat, 0.01 saturated fat
- Skim Chocolate Milk: 1/2 pint, 130 calories, 160 mg sodium, 24.44 carbs, 0.00 total fat, 0.00 saturated fat

**Total**

703 calories, 1230 mg sodium, 124.16 carbs, 4.58 total fat, 0.61 saturated fat

---

### Alternate

- Steamed or Roasted Carrots: 1/2 cup, 27 calories, 43 mg sodium, 8.84 carbs, 0.5 total fat, 0.09 saturated fat
- Winter Veggie Roast: 3/4 cup, 121.5 calories, 133.5 mg sodium, 23.76 carbs, 2.745 total fat, 0.42 saturated fat
<p>| | | | | | |</p>
<table>
<thead>
<tr>
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<th></th>
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<tbody>
<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>K-5</td>
<td></td>
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</tr>
<tr>
<td>Roasted or Baked Chicken</td>
<td>4-6 oz</td>
<td>160</td>
<td>460</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Spinach Salad (1/2 c, eq)</td>
<td>1 cup</td>
<td>93</td>
<td>80</td>
<td>42.9</td>
<td>7.39</td>
</tr>
<tr>
<td>WW Roll</td>
<td>1</td>
<td>85</td>
<td>101</td>
<td>14.5</td>
<td>2.22</td>
</tr>
<tr>
<td>Jelly</td>
<td>1 TBSP</td>
<td>56</td>
<td>63</td>
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<tr>
<td>Cherry Tomatoes (3)</td>
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<td>10</td>
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<tr>
<td>Apple slices, cut 8</td>
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<tr>
<td>Roasted or Baked Chicken</td>
<td>4-6 oz</td>
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<td>460</td>
<td>0</td>
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<td>Spinach Salad (1/2 c, eq)</td>
<td>1 cup</td>
<td>93</td>
<td>80</td>
<td>42.9</td>
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<td>1</td>
<td>85</td>
<td>101</td>
<td>14.5</td>
<td>2.22</td>
</tr>
<tr>
<td>Jelly</td>
<td>1 TBSP</td>
<td>56</td>
<td>63</td>
<td>14.7</td>
<td>0</td>
</tr>
<tr>
<td>Cherry Tomatoes (3)</td>
<td>1/4 cup</td>
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<td>2.8</td>
<td>2.2</td>
<td>0.2</td>
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<tr>
<td>Apple slices, cut 8</td>
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<td>1</td>
<td>14.29</td>
<td>0.18</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
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<td>180</td>
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<td>14.5</td>
<td>2.22</td>
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<tr>
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<td>63</td>
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<tr>
<td>WW Taco Shell 8&quot; (Catalina)</td>
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<td>280</td>
<td>19</td>
<td>3.5</td>
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<tr>
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<td>116.9</td>
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<td>3.6</td>
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<tr>
<td>Salsa Cup</td>
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<td>25</td>
<td>310</td>
<td>6</td>
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<tr>
<td>Shredded Cheddar Cheese (USDA)</td>
<td>1 oz</td>
<td>115</td>
<td>186</td>
<td>1</td>
<td>9.5</td>
</tr>
<tr>
<td>Refried Beans</td>
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<td>76</td>
<td>196</td>
<td>11.16</td>
<td>1.96</td>
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<tr>
<td>Cantaloupe</td>
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<td>13</td>
<td>7.00</td>
<td>0.00</td>
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<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
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<tr>
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<tr>
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<td>0</td>
</tr>
<tr>
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<tr>
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<td>196</td>
<td>11.16</td>
<td>1.96</td>
</tr>
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<td>Cantaloupe</td>
<td>1/2 cup</td>
<td>27</td>
<td>13</td>
<td>7.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Skim Chocolate Milk</td>
<td>1/2 pint</td>
<td>130</td>
<td>180</td>
<td>24</td>
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<td>120</td>
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<tr>
<td>Jelly</td>
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</tr>
<tr>
<td>Fruit Choice</td>
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<td>72</td>
<td>5</td>
<td>18.04</td>
<td>0.04</td>
</tr>
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<td>180</td>
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**Alternate:**

Extra Taco Shell 8" (Catalina) | 1 taco | 120 | 280 | 19 | 3.5 |
Extra Taco Meat, Portion | 1/4 cup | 135 | 116.9 | 2.34 | 7.63 | 3.04 |
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<tr>
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<th>Calories</th>
<th>Carbohydrate (g)</th>
<th>Calories</th>
<th>Carbohydrate (g)</th>
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</tr>
<tr>
<td>Hamburger Gravy</td>
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<td>179</td>
<td>165</td>
<td>4</td>
<td>11</td>
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<tr>
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<td>210</td>
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<td>Green Beans</td>
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<td>156</td>
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<tr>
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<td>101</td>
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<td>2.22</td>
</tr>
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<td>Jelly</td>
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</tr>
<tr>
<td>Pears</td>
<td>1/2 cup</td>
<td>58</td>
<td>2</td>
<td>15.03</td>
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<td>2</td>
<td>15.03</td>
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<tr>
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<td>6</td>
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<td><strong>Calories</strong></td>
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<td><strong>Friday</strong></td>
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<tr>
<td>Mac and Cheese</td>
<td>3/4 cup</td>
<td>284</td>
<td>349.58</td>
<td>33.945</td>
<td>10.08</td>
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<tr>
<td>Pears, frozen</td>
<td>1/2 cup</td>
<td>72</td>
<td>66</td>
<td>13</td>
<td>0.24</td>
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<td>101</td>
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<tr>
<td>Cucumber-Apple salad</td>
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