


# Cardinal Wright Regional School January Nutritional Information

# 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 New Year's Day No School	2
3	4 Calories: 434 Fat Calories: 62 Carbs: 29 Protein: 30	5 Calories: 580 Fat Calories: 95 Carbs: 80 Protein: 32	6 Calories: 530 Fat Calories: 110 Carbs: 49 Protein: 29	7 Calories: 564 Fat Calories: 185 Carbs: 45 Protein: 19	8 Calories: 485 Fat Calories: 165 Carbs: 54 Protein: 23	9 <u>Averages For Week:</u> Calories: 518.6 Fat Calories: 123.4 Carbs: 51.4 Protein: 26.6
10	11 Calories: 445 Fat Calories: 110 Carbs: 22 Protein: 27	12 Calories: 580 Fat Calories: 55 Carbs: 81 Protein: 32	13 Calories: 434 Fat Calories: 62 Carbs: 29 Protein: 30	14 Calories: 525 Fat Calories: 190 Carbs: 38 Protein: 24	15 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	16 <u>Averages For Week:</u> Calories: 495.8 Fat Calories: 119.4 Carbs: 43 Protein: 27
17	18 Dr. Martin Luther King Day No School	19 Calories: 435 Fat Calories: 82 Carbs: 26 Protein: 14	20 Calories: 445 Fat Calories: 115 Carbs: 62 Protein: 30	21 Calories: 535 Fat Calories: 135 Carbs: 27 Protein: 20	22 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	23 <u>Averages For Week:</u> Calories: 477.5 Fat Calories: 128 Carbs: 40 Protein: 21.5
24	25 Calories: 525 Fat Calories: 190 Carbs: 38 Protein: 24	26 Calories: 520 Fat Calories: 125 Carbs: 49 Protein: 25	27 Calories: 434 Fat Calories: 110 Carbs: 29 Protein: 30	28 Calories: 425 Fat Calories: 85 Carbs: 51 Protein: 28	29 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	30 <u>Averages For Week:</u> Calories: 479.8 Fat Calories: 138 Carbs: 42.4 Protein: 25.8
31			Menu Listed On The Reverse Side!			