

Cardinal Wright Regional School February Lunch Nutritional Information

2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Jan 31	1 Calories: 525 Fat Cal: 190 Carbs: 38 Protein: 24	2 Calories: 475 Fat Cal: 165 Carbs: 35 Protein: 22	3 Calories: 580 Fat Cal: 55 Carbs: 81 Protein: 32	4 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30	5 No School Conferences	6
7	8 Calories: 425 Fat Cal: 85 Carbs: 51 Protein: 28	9 Calories: 535 Fat Cal: 135 Carbs: 27 Protein: 20	10 Calories: 569 Fat Cal: 185 Carbs: 45 Protein: 19	11 Calories: 435 Fat Cal: 82 Carbs: 26 Protein: 14	12 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	13
14	15 President's Day No School	16 Calories: 580 Fat Cal: 95 Carbs: 80 Protein: 32	17 Calories: 445 Fat Cal: 115 Carbs: 62 Protein: 30	18 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30	19 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	20
21	22 Calories: 445 Fat Cal: 110 Carbs: 22 Protein: 27	23 Calories: 415 Fat Cal: 95 Carbs: 22 Protein: 27	24 Calories: 485 Fat Cal: 105 Carbs: 45 Protein: 22	25 Calories: 530 Fat Cal: 110 Carbs: 49 Protein: 29	26 Calories: 485 Fat Cal: 165 Carbs: 54 Protein: 23	27
28			Menu Listed On Reverse!			