

**Cardinal Wright Regional School
 March 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>
Feb 28 <i>Menu Listed On Reverse!</i>	1 Calories: 485 Fat Cal: 105 Carbs: 45 Protein: 22	2 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30	3 Calories: 525 Fat Cal: 190 Carbs: 38 Protein: 24	4 Calories: 580 Fat Cal: 95 Carbs: 80 Protein: 32	5 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	6
7	8 Calories: 425 Fat Cal: 85 Carbs: 51 Protein: 28	9 Calories: 560 Fat Cal: 185 Carbs: 45 Protein: 19	10 Calories: 580 Fat Cal: 95 Carbs: 80 Protein: 32	11 Calories: 445 Fat Cal: 115 Carbs: 62 Protein: 30	12 Calories: 435 Fat Cal: 65 Carbs: 42 Protein: 16	13
14	15 Calories: 535 Fat Cal: 135 Carbs: 27 Protein: 20	16 Calories: 520 Fat Cal: 125 Carbs: 49 Protein: 25	17 Calories: 525 Fat Cal: 190 Carbs: 38 Protein: 24	18 Calories: 560 Fat Cal: 55 Carbs: 81 Protein: 32	19 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	20
21	22 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30	23 Calories: 525 Fat Cal: 190 Carbs: 38 Protein: 24	24 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	25 Calories: 425 Fat Cal: 85 Carbs: 51 Protein: 28	26 Calories: 485 Fat Cal: 165 Carbs: 54 Protein: 23	27
28	29 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30	30 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22	31 <i>No School Teacher In Service</i>	April 1 <i>No School Holy Thursday</i>	April 2 <i>No School Good Friday</i>	April 3