

Cardinal Wright Regional April Lunch Nutritional Information

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|-------------------------------------|---|--|---|---|---|---|
| March 28 | March 29 | March 30 | March 31 <i>No School Teacher In Service</i> | 1 <i>No School Holy Thursday</i> | 2 <i>No School Good Friday</i> | 3 <i>Holy Saturday</i> |
| 4 <i>Easter Sunday</i> | 5 Calories: 434 Fat Cal: 62 Carbs: 29 Protein: 30 | 6 Calories: 445 Fat Cal: 110 Carbs: 22 Protein: 27 | 7 Calories: 435 Fat Cal: 82 Carbs: 26 Protein: 14 | 8 Calories: 445 Fat Cal: 115 Carbs: 62 Protein: 30 | 9 Calories: 495 Fat Cal: 180 Carbs: 45 Protein: 22 | 10 <u>Averages For Week</u> Calories: 450.8 Fat Cal: 109.8 Carbs: 36.8 Protein: 24.6 |
| 11 | 12 Calories: 580 Fat Cal: 55 Carbs: 81 Protein: 32 | 13 Calories: 485 Fat Cal: 45 Carbs: 61 Protein: 22 | 14 Calories: 425 Fat Cal: 34 Carbs: 41 Protein: 18 | 15 Calories: 485 Fat Cal: 165 Carbs: 54 Protein: 23 | 16 Calories: 415 Fat Cal: 145 Carbs: 34 Protein: 27 | 17 <u>Averages For Week</u> Calories: 478 Fat Cal: 88.8 Carbs: 54.2 Protein: 24.4 |
| 18 | 19 Calories: 425 Fat Cal: 85 Carbs: 51 Protein: 28 | 20 Calories: 385 Fat Cal: 62 Carbs: 42 Protein: 21 | 21 Calories: 525 Fat Cal: 190 Carbs: 38 Protein: 24 | 22 Calories: 415 Fat Cal: 95 Carbs: 22 Protein: 27 | 23 Calories: 485 Fat Cal: 165 Carbs: 54 Protein: 23 | 24 <u>Averages For Week</u> Calories: 447 Fat Cal: 119.40 Carbs: 41.4 Protein: 24.6 |
| 25 Menu Listed On Reverse | 26 Calories: 485 Fat Cal: 105 Carbs: 45 Protein: 22 | 27 Calories: 415 Fat Cal: 95 Carbs: 22 Protein: 27 | 28 Calories: 535 Fat Cal: 65 Carbs: 18 Protein: 23 | 29 Calories: 520 Fat Cal: 125 Carbs: 49 Protein: 25 | 30 Calories: 445 Fat Cal: 115 Carbs: 62 Protein: 30 | May 1 <u>Averages For Week</u> Calories: 480 Fat Cal: 101 Carbs: 39.2 Protein: 25.4 |
| May 2 | May 3 | May 4 | May 5 | May 6 | May 7 | May 8 |