

Cardinal Wright Regional School May Nutritional Information

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			Menu on Reverse Side			1
2	3 Calories: 485 Fat Calories: 105 Carbs: 45 Protein: 22	4 Calories: 400 Fat Calories: 102 Carbs: 46 Protein: 25	5 Calories: 535 Fat Calories: 95 Carbs: 42 Protein: 32	6 Calories: 445 Fat Calories: 110 Carbs: 22 Protein: 27	7 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	8
9	10 Calories: 435 Fat Calories: 105 Carbs: 45 Protein: 22	11 Calories: 485 Fat Calories: 165 Carbs: 54 Protein: 23	12 Calories: 445 Fat Calories: 115 Carbs: 62 Protein: 30	13 Calories: 385 Fat Calories: 62 Carbs: 42 Protein: 21	14 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	15
16	17 Calories: 434 Fat Calories: 62 Carbs: 29 Protein: 30	18 Calories: 580 Fat Calories: 95 Carbs: 80 Protein: 32	19 Calories: 445 Fat Calories: 110 Carbs: 22 Protein: 27	20 Calories: 425 Fat Calories: 85 Carbs: 51 Protein: 28	21 All School Zoo Trip	22
23	24 Calories: 415 Fat Calories: 95 Carbs: 26 Protein: 27	25 Calories: 415 Fat Calories: 145 Carbs: 34 Protein: 27	26 Calories: 521 Fat Calories: 190 Carbs: 38 Protein: 24	27 Calories: 580 Fat Calories: 55 Carbs: 81 Protein: 32	28 Calories: 495 Fat Calories: 180 Carbs: 45 Protein: 22	29
30	31 Memorial Day No School	June 1	June 2	June 3	June 4	June 5

2010