

**Wednesday, October 11, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
Homemade-Style Spaghetti Sauce with Beef or Meat 2 cups	563	32.17	8.386	41.88	9	23.7	32.57	2435	85	2126
<b>Dinner</b>										
Publix Fried Chicken Thigh 1 thigh, 3 oz	260	19	0	5	0	0	13	570	65	165
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Dinner Rolls 1 roll (pan, dinner, or small roll) (2" square, 2" high)	84	2.04	0.491	14.11	0.8	0.73	2.35	146	0	37
<b>Total</b>	<b>378</b>	<b>21.17</b>	<b>0.52</b>	<b>26.95</b>	<b>4.5</b>	<b>2.27</b>	<b>17.35</b>	<b>723</b>	<b>65</b>	<b>432</b>
<b>Snacks/Other</b>										
Chick-fil-A Waffle Potato Fries (Large) 1 serving, 128 g	520	27	4	63	4	0	6	200	0	
<b>Total</b>	<b>1461</b>	<b>80.34</b>	<b>12.906</b>	<b>131.83</b>	<b>17.5</b>	<b>25.97</b>	<b>55.92</b>	<b>3358</b>	<b>150</b>	<b>2558</b>