

Turkey Ham & Cheese on Hawaiian Bun

Calories: 186

Carbs: 27



Egg & Cheese Croissant

Calories: 310

Carbs: 31



Turkey Ham & Cheese Breakfast Sandwich

Calories: 270

Carbs: 30



Sausage* & Cheese Breakfast Sandwich

*pork based

Calories: 245

Carbs: 28



Egg & Turkey Sausage Breakfast Bagel

Calories: 180

Carbs: 23



Egg & Cheese English Muffin

Calories: 200

Carbs: 24



Mini Pancakes w/Syrup

Calories: 330

Carbs: 66



Belgian Waffle w/Syrup

Calories: 360

Carbs: 65



Bagel w/Cream Cheese or Jelly

Calories: 165-201 | Carbs: 26-34



Mini Strawberry Bagel w/Cream Cheese or Jelly

Calories: 230-265

Carbs: 42-50



Mini Cinnamon Bagel w/Cream Cheese or Jelly

Calories: 240-275

Carbs: 41-49



Raspberry Cream Cheese Bar

Calories: 231

Carbs: 35



French Toast Sticks w/Syrup

Calories: 392

Carbs: 67



Cinnamon Roll

Calories: 232

Carbs: 38



Assorted Cereal

Calories: 240

Carbs: 46



Beef & Cheese Mini Bagel

Calories: 235

Carbs: 27



Yogurt w/Oatmeal Bar

Calories: 220

Carbs: 38



Sausage^{*} Breakfast Sandwich

*pork-based

Calories: 210

Carbs: 27



Sausage* & Cheese Croissant

*pork-based

Calories: 296

Carbs: 30



Yogurt w/Grahams

Calories: 210

Carbs: 35



Chicken Ham & Cheese Croissant

Calories: 340

Carbs: 33



Breakfast Fruit & Yogurt Parfait

Calories: 260

Carbs: 58



Peach Strawberry Smoothie

Calories: 269

Carbs: 49



Blueberry Banana Smoothie

Calories: 266

Carbs: 49



Berry Smoothie

Calories: 283

Carbs: 51



Strawberry Banana Smoothie

Calories: 290

Carbs: 54



Strawberry Orange Smoothie

Calories: 213

Carbs: 49



Green Goddess Smoothie

Calories: 148

Carbs: 31



Belgian Waffle w/Syrup and Yogurt

Calories: 420

Carbs: 76



Chicken Nuggets w/Mac & Cheese & Roll

Hot Pack

Calories: 546

Carbs: 50



Potato Crisp Fish on WG Bun

Hot Pack

Calories: 360

Carbs: 41



French Toast Sticks w/Scrambled Eggs & Syrup

Hot Pack

Calories: 440

Carbs: 88



French Toast Sticks w/Sausage Links* & Syrup

Hot Pack

*Pork-Based

Calories: 535

Carbs: 87



Mac & Cheese w/ Fish Bites

Hot Pack

Calories: 371

Carbs: 32



Mini Cheese Calzones w/ Marinara

Calories: 369

Carbs: 44



Cheesy Pull-Aparts w/ Marinara

Calories: 343

Carbs: 39



Turkey BBQ on Bun w/Corn

Hot Pack

Calories: 367

Carbs: 55



Chicken Nuggets w/Corn & Roll

Hot Pack

Calories: 380

Carbs: 45



Chicken Nuggets w/Blueberry Bread

Hot Pack

Calories: 453

Carbs: 43



Chicken Nuggets w/Baked Fries & Roll

Hot Pack

Calories: 373

Carbs: 42



Chicken Bites w/Cheesy Spinach & Roll

Hot Pack

Calories: 380

Carbs: 35



Mini Chicken Soft Tacos w/Corn

Hot Pack

Calories: 422

Carbs: 49



Hot Dog* w/Ranchero Beans

Hot Pack

*Turkey-Based

Calories: 455

Carbs: 57



Hot Dog* w/Baked Fries

Hot Pack

*Turkey-Based

Calories: 350

Carbs: 44



Taco w/Corn & Edamame w/Scoops

Hot Pack

Calories: 346

Carbs: 43



Hamburger on Bun w/Baked Fries

Hot Pack

Calories: 429

Carbs: 46



Hamburger on Bun w/Crinkle Cut Potatoes

Hot Pack

Calories: 440

Carbs: 44



BBQ Beef on Bun w/Corn & Green Beans

Hot Pack

Calories: 484

Carbs: 60



Chicken Drumstick w/Seasoned Potatoes & Roll

Hot Pack

Calories: 400

Carbs: 45



Veggie Burger on Bun w/Crinkle Cut Potatoes

Hot Pack

Calories: 379

Carbs: 52



Chik'N Nuggets w/Cheesy Spinach and Roll

Hot Pack

Calories: 340

Carbs: 33



Chik'N Nuggets w/Green Beans & Corn

Hot Pack

Calories: 302

Carbs: 37



Bean Chili w/Corn & Scoops

Hot Pack

Calories: 277

Carbs: 42



Beef Sloppy Joe on Bun w/Corn

Hot Pack

Calories: 367

Carbs: 56



Beef Sloppy Joe on Bun w/Green Beans & Carrots

Hot Pack

Calories: 307

Carbs: 42



Spaghetti & Meatballs w/Marinara & Roll

Hot Pack

Calories: 380

Carbs: 45



Turkey & Red Potatoes w/Gravy & Roll

Hot Pack

Calories: 306

Carbs: 39



Grilled Cheese Sandwich w/Baked Fries

Hot Pack

Calories: 394

Carbs: 44



Teriyaki Meatballs w/ Vegetable Rice

Hot Pack

Calories: 421

Carbs: 63



Chicken Ham & Cheese Croissant

Calories: 340

Carbs: 33



Curry Chickpeas w/Rice

Calories: 382

Carbs: 67



Rotini w/Meat Sauce & Roll

Calories: 429

Carbs: 43



Pizza, Cheese or Pepperoni

Calories: 320-365

Carbs: 36



Pepperoni & Cheese Stuffed Sandwich

Calories: 300

Carbs: 31



Chicken Sandwich, Regular or Spicy

Calories: 340-342

Carbs: 37



Cheese Crunchers w/Marinara Sauce

Calories: 467

Carbs: 51



Grilled Cheese Sandwich

Calories: 287

Carbs: 32



Grab-N-Go: Hummus (x2) & Scoops

Calories: 420

Carbs: 65



Grab-N-Go: Hummus, Cheese Stick & Scoops

Calories: 369

Carbs: 48



Grab-N-Go: Yogurt, Bagel, & Cream Cheese

Calories: 381

Carbs: 63



Grab-N-Go: Fruit & Yogurt Parfait w/Granola

Calories: 483

Carbs: 94



Grab-N-Go: Peanut Butter & Jelly Sandwich

Calories: 600

Carbs: 64



Tomato Soup

Calories: 155

Carbs: 23





Broccoli Cheese Soup

Calories: 177

Carbs: 19

Chicken, Vegetable & Ancient Grains Soup



Calories: 149

Carbs: 22

Vegan Butternut Squash Soup

Calories: 324

Carbs: 36





Chili Soup

Calories: 182

Carbs: 27



Cheesy Corn Chowder

Calories: 172

Carbs: 26



Marinara Cup

Calories: 40

Carbs: 7



Fresh Vegetables

Calories: 8-35

Carbs: 1-8



Fresh Side Salad

Calories: 19

Carbs: 4



Fresh Celery Sticks

Calories: 4

Carbs: 1



Fresh Grape Tomatoes

Calories: 18

Carbs: 3



Fresh Cucumber Slices

Calories: 8

Carbs: 1



Fresh Baby Carrots

Calories: 35

Carbs: 8



Crinkle Cut Potatoes

Calories: 99

Carbs: 15



Baked French Fries

Calories: 110

Carbs: 17



Seasoned Potatoes

Calories: 140

Carbs: 25



Roasted Chickpeas

Calories: 160

Carbs: 24



Roasted Butternut Squash

Calories: 101

Carbs: 15



Roasted Green Beans

Calories: 26

Carbs: 4



Ranchero Beans

Calories: 185

Carbs: 29



Roasted Broccoli

Calories: 70

Carbs: 5



Cheesy Garlic & Herb Broccoli

Calories: 70

Carbs: 4



Roasted Corn

Calories: 107

Carbs: 19



Assorted Dried Fruit

Calories: 110-120

Carbs: 27-30



Assorted Fruit Cups

Calories: 60-120

Carbs: 15-30



Assorted 100% Juice

Calories: 60

Carbs: 15



Assorted Fresh Fruit

Calories: 20-80

Carbs: 5-20



Milk, White, Low Fat or Fat Free

Calories: 80-110

Carbs: 12



Milk, Chocolate, Fat Free

Calories: 120

Carbs: 20



Sweet Mustard Dressing (2oz.)

Calories: 154

Carbs: 13



Ranch Dressing (2oz.)

Calories: 110

Carbs: 5



Sweet Mustard Dressing (1oz.)

Calories: 77

Carbs: 6



Ranch Dressing (1oz.)

Calories: 55

Carbs: 2



