

Turkey Ham & Cheese on Hawaiian Bun

Calories: 186

Carbs: 27



Egg & Cheese Croissant

Calories: 310

Carbs: 31



Sausage & Cheese Croissant

Calories: 295

Carbs: 30



Turkey Ham & Cheese Breakfast Sandwich

Calories: 270

Carbs: 30



Sausage & Cheese Breakfast Sandwich



Calories: 245

Carbs: 28

Egg & Turkey Sausage Breakfast Bagel

Calories: 180

Carbs: 23



Egg & Cheese English Muffin

Calories: 200

Carbs: 24



Small Breakfast Fruit & Yogurt Parfait w/Granola

Calories: 240-260

Carbs: 52-58



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



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



French Toast Sticks w/Syrup

Calories: 392

Carbs: 67



Cinnamon Roll

Calories: 232

Carbs: 38



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



Assorted Cereal

Calories: 240

Carbs: 46



Beef & Cheese Mini Bagel

Calories: 235

Carbs: 27



Yogurt w/Oatmeal Bar

Calories: 220

Carbs: 38



Chik'N Nuggets w/Rolls

Calories: 387

Carbs: 55



Veggie Burger on Bun

Calories: 280

Carbs: 37



Buffalo Chik'N Nuggets w/Rolls

Calories: 387

Carbs: 55



Chicken Philly Sandwich

Calories: 331

Carbs: 30



Beef Philly Cheesesteak

Calories: 338

Carbs: 30



Meatball Sub



Calories: 338

Carbs: 39

Mac & Cheese w/Chicken Bites & Roll

Calories: 419

Carbs: 40



Mac & Cheese w/Chik'N Nuggets & Roll

Calories: 518

Carbs: 61



BBQ Pulled Chicken Sandwich

Calories: 274

Carbs: 35



Vegan Chili w/Tortilla Strips

Calories: 541

Carbs: 76



Chicken & Vegetable Dumplings

Calories: 281

Carbs: 41



Beef & Cheese Nachos

Calories: 499

Carbs: 48



Bean & Cheese Nachos

Calories: 545

Carbs: 64



Chicken Tacos



Calories: 335

Carbs: 32

Beef Tacos



Calories: 327

Carbs: 35

Spicy Chik'N Street Tacos

Calories: 428

Carbs: 56



Curry Chicken w/Rice

Calories: 378

Carbs: 33



Curry Chickpeas w/Rice

Calories: 332

Carbs: 56



Chicken Bite Bowl w/Corn, Mashed Potatoes, & Roll

Calories: 388

Carbs: 48



Chik'N Bite Bowl w/Corn, Mashed Potatoes, & Roll

Calories: 420

Carbs: 59



Southwest Beef & Rice Bowl w/Salsa

Calories: 384

Carbs: 56



Chicken Burrito Bowl

Calories: 429

Carbs: 50



Bean Burrito Bowl

Calories: 382

Carbs: 49



Rotini w/Meat Sauce & Roll

Calories: 429

Carbs: 43



Teriyaki Chicken & Broccoli Rice Bowl

Calories: 312

Carbs: 37



Teriyaki Edamame & Broccoli Rice Bowl

Calories: 315

Carbs: 44



Teriyaki Edamame & Broccoli Noodle Bowl

Calories: 410

Carbs: 63



Sweet N Sour Chik'N Rice Bowl

Calories: 428

Carbs: 65



Sweet N Sour Chicken Rice Bowl



Calories: 274

Carbs: 41

Spicy Chicken Power Bowl

Calories: 475

Carbs: 51



Veggie Power Bowl

Calories: 615

Carbs: 95



Ranch Chicken Power Bowl

Calories: 681

Carbs: 78



Spicy Chicken Salad w/Tortilla Strips

Calories: 521

Carbs: 55



Taco Salad w/Tortilla Strips

Calories: 481

Carbs: 60



Chef Salad w/ Dinner Rolls

Calories: 476

Carbs: 43



Chickpea Entrée Salad w/ Dinner Rolls

Calories: 381

Carbs: 65



Chik'N Entrée Salad w/ Dinner Rolls

Calories: 448

Carbs: 63



Hotdog^{*}



Calories: 240

Carbs: 27

***Turkey-Based**

Hamburger or Cheeseburger

Calories: 319-337

Carbs: 29-30



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

Spicy Chicken Tenders w/Roll

Calories: 297

Carbs: 31



Cheese Crunchers w/Marinara Sauce

Calories: 467

Carbs: 51



Grilled Cheese Sandwich

Calories: 287

Carbs: 32



Grab-N-Go: Cold Cut Sub

Calories: 292

Carbs: 55



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



Vegan Butternut Squash Soup

Calories: 324

Carbs: 36



Vegan Sweet Potato Bisque

Calories: 324

Carbs: 36





Broccoli Cheese Soup

Calories: 177

Carbs: 19

Chicken, Vegetable & Ancient Grains Soup



Calories: 149

Carbs: 22



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 Sweet Potatoes

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



Southwest Seasoned Pinto Beans

Calories: 164

Carbs: 30



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

