



Cereal, Fruit Loops 1oz	24	160			X					

<b>Lunch Entrees:</b>										
Uncrustable	32	320			X		X			
Chicken Fajita Nachos	51.9	601.5	X	X						
Regular Chicken Sandwich**	42	700			X	X				X
Spicy Chicken Sandwich**	45	650			X	X				X
Grilled Chicken Sandwich**	30	520			X	X				
Dill Chicken Sandwich	44	720		X	X	X				
Chicken Alfredo** with Garlic Toast	49.2	1152.2		X	X	X				
Ravoli with Garlic Toast	52.8	758.6		X	X	X				X
Corndog	31	660		X	X	X				X
Supreme Nachos	57.8	670.4	X	X						
Buffalo Chicken Boneless Wings	22.5	952		X	X	X				
Grilled Cheese**	32.9	1052.9		X	X					
French Toast + Sausage	54	1273.3		X	X	X				
Personal Pan Pizza, cheese**	31	380		X	X					
Personal Pan Pizza, pepperoni**	30	580		X	X					
Chicken Tenders**	17.5	659.8			X	X				X
Spicy Chicken Tenders	19.5	334.5			X	X				X
BBQ Pork + Garlic Toast	15.1	740.1		X	X	X				
Mozzarella Bread Bites	33	629.5		X	X	X				
Fish Sandwich	50	760		X	X			X		
Lasagna with Garlic Toast	46	713		X	X	X				X
Buffalo Chicken Dip	38	961.4	X	X		X				X
Cheeseburger**	30	734		X	X					
Hamburger**	29	534			X					
Hot Dog	29	880			X					
4x6 Pizza, cheese**	30	360		X	X	X				
4x6 Pizza, pepperoni**	30	500		X	X	X				
4x6 Pizza, buffalo chicken	26	480		X	X					
Mandarin Orange Chicken with Rice	21.4	324.8			X	X				X
Mac n' Cheese**	23.5	885.1		X	X					
Chicken Taco**	27.2	594.3		X	X					
Chicken and Rice Casserole	21.8	709.8		X	X	X				X
Dill Nuggets	12	468.3		X	X	X				
Spaghetti**	45.7	553.5		X	X					
16" Pizza, cheese**	35	490		X	X	X				
16" Pizza, pepperoni**	33	580		X	X	X				
16" Pizza, meat lovers	29	790		X	X	X				
Burrito, bean	40	400		X	X	X				



Mandarin Oranges	20.4	7.5	X								
100% Fruit Juice, apple	14	5	X								
100% Fruit Juice, grape	20	10	X								
100% Fruit Juice, orange	15	15	X								
100% Fruit Juice, mixed berry	15	5	X								
Applesauce	14	2	X								
Frozen Fruit Cup	19	0	X								
Sliced Peaches	26.8	12	X								
Raisels	28	5	X								
Pineapple Tidbits	19.2	1.2	X								
Apple slices	15.1	1.1	X								
Banana	27	1.2	X								
Pear Halves	15	5	X								
Italian Ice, tangerine	34.6		X								
Italian Ice, watermelon	22		X								
Italian Ice, mango	22		X								
Apple	25	1.8	X								
Fiesta Rice	22.8	101.5	X								
Orange wedges	21.2	0	X								
Sweet Potato Tots	17.2	263.3	X								
Parmesan Roasted Cauliflower	6.1	86.6	X	X			X				
Cheesy Broccoli	7	147.9	X	X							
Baked and Breaded Squash	8	138.2	X	X		X	X				

<b>Condiments:</b>											
Ketchup	2	25	X								
Honey Mustard	14.6	361.6									
BBQ Sauce	5	130									
Ranch	5	125									
Salsa	2	70	X								
Sour Cream	4	30		X							
Jalapenos	1	236.9									
Taco Sauce	1	80					X				
Tartar Sauce	2	130					X				X
Mayonnaise	1	85					X				X
Italian Dressing	1	164.7									
Hot Sauce	0	210									
Parmesan Cheese	1	35		X							
Chipotle Ranch	1	98.2	X	X			X				X
BBQ Ranch	4.6	223.9	X	X			X				X
<b>Milk:</b>											
Skim	12	130	X	X							

Low-fat 1%	12	130	X	X							
Strawberry fat-free	12	135	X	X							
Milk Chocolate 1%	30	240	X	X							
Soy	9	90				X					
Almond milk	1	115						X			