

# February 2019

Robertsville  
Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

## Main Entrees

- Boneless Chicken Wings (260 Cal, 11g Fat, 1g Sugar)
- Oven Baked Curly Fries (120 Cal, 6g Fat, 0g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- Vegetable Pasta Salad (70 Cal, 0g Fat, 2g Sugar)
- Shredded Cheddar Cheese (120 Cal, 9g Fat, 0g Sugar)
- Cheese Stuffed Breadsticks (300 Cal, 10g Fat, 2g Sugar)

## Alternate Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

## Extra Extra

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

## Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

## On the Go

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)

**4****Main Entrees**

- Crispy Chicken Breast Tenders (240 Cal, 9g Fat, 2g Sugar)
- Brown Rice (220 Cal, 2g Fat, 0g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Breadstick (70 Cal, 1g Fat, 1g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

**On the Go**

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)

**5****Main Entrees**

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Oven Baked Fries (110 Cal, 6g Fat, 1g Sugar)
- Seasoned Corn (90 Cal, 2.5g Fat, 3g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

**On the Go**

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)

**6****Main Entrees**

- Turkey Hot Dog (280 Cal, 11g Fat, 5g Sugar)
- Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
- Sauerkraut (0 Cal, 0g Fat, 0g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

**On the Go**

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)

**7****Main Entrees**

- General Tso's Chicken (290 Cal, 16g Fat, 4g Sugar)
- Seasoned Oriental Blend Vegetables (60 Cal, 2.5g Fat, 2g Sugar)
- Fiesta Rice (150 Cal, 3g Fat, 3g Sugar)
- Vegetable Egg Roll (140 Cal, 3.5g Fat, 4g Sugar)
- Fortune Cookies (30 Cal, 0g Fat, 4g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

**On the Go**

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)

**8****Main Entrees**

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Fresh Chopped Romaine (10 Cal, 0g Fat, 1g Sugar)
- Oven Baked Fries (110 Cal, 6g Fat, 1g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
- Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

**On the Go**

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)

- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
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- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
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- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
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- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

11	12	13	14	15
<b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)</li> <li>• Sweet Potato Fries (90 Cal, 3.5g Fat, 5g Sugar)</li> <li>• Seasoned Peas and Carrots (60 Cal, 2.5g Fat, 4g Sugar)</li> <li>• Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>• Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)</li> <li>• Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)</li> <li>• Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)</li> <li>• Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)</li> <li>• Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>• Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)</li> <li>• Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)</li> <li>• Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)</li> <li>• Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)</li> <li>• Skim Milk (80 Cal, 0g Fat, 12g Sugar)</li> <li>• Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)</li> <li>• Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)</li> <li>• Ketchup (15 Cal, 0g Fat, 3g Sugar)</li> <li>• Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)</li> <li>• Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)</li> <li>• Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)</li> <li>• Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)</li> </ul> <b>On the Go</b>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Triple Cheese Grilled Sandwich (460 Cal, 29g Fat, 5g Sugar)</li> <li>• Homemade Chicken Noodle Soup (50 Cal, 1g Fat, 1g Sugar)</li> <li>• Oven Baked Fries (110 Cal, 6g Fat, 1g Sugar)</li> <li>• Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>• Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)</li> <li>• Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)</li> <li>• Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)</li> <li>• Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)</li> <li>• Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>• Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)</li> <li>• Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)</li> <li>• Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)</li> <li>• Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)</li> <li>• Skim Milk (80 Cal, 0g Fat, 12g Sugar)</li> <li>• Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)</li> <li>• Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)</li> <li>• Ketchup (15 Cal, 0g Fat, 3g Sugar)</li> <li>• Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)</li> <li>• Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)</li> <li>• Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)</li> <li>• Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)</li> </ul> <b>On the Go</b>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Pancakes (150 Cal, 4g Fat, 3g Sugar)</li> <li>• Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)</li> <li>• Turkey Sausage Link (60 Cal, 4g Fat, 0g Sugar)</li> <li>• Tater Tots (150 Cal, 7g Fat, 1g Sugar)</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>• Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)</li> <li>• Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)</li> <li>• Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)</li> <li>• Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)</li> <li>• Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>• Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)</li> <li>• Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)</li> <li>• Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)</li> <li>• Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)</li> <li>• Skim Milk (80 Cal, 0g Fat, 12g Sugar)</li> <li>• Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)</li> <li>• Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)</li> <li>• Ketchup (15 Cal, 0g Fat, 3g Sugar)</li> <li>• Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)</li> <li>• Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)</li> <li>• Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)</li> <li>• Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)</li> </ul> <b>On the Go</b>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Cheese Ravioli with Zesty Marinara (270 Cal, 7g Fat, 8g Sugar)</li> <li>• Meatballs in Spaghetti Sauce (180 Cal, 10g Fat, 5g Sugar)</li> <li>• Marinated Tomato &amp; Cucumber Salad (130 Cal, 12g Fat, 2g Sugar)</li> <li>• Whole Grain Toasted Garlic Bread (80 Cal, 2.5g Fat, 2g Sugar)</li> <li>• Strawberries (90 Cal, 0g Fat, 18g Sugar)</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>• Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)</li> <li>• Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)</li> <li>• Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)</li> <li>• Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)</li> <li>• Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>• Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)</li> <li>• Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)</li> <li>• Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)</li> <li>• Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)</li> <li>• Skim Milk (80 Cal, 0g Fat, 12g Sugar)</li> <li>• Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)</li> <li>• Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)</li> <li>• Ketchup (15 Cal, 0g Fat, 3g Sugar)</li> <li>• Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)</li> <li>• Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)</li> <li>• Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)</li> <li>• Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)</li> </ul> <b>On the Go</b>	<b>Main Entrees</b> <ul style="list-style-type: none"> <li>• Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)</li> <li>• Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)</li> <li>• Marinated Cool Cucumbers (50 Cal, 0g Fat, 10g Sugar)</li> <li>• Oven Baked Curly Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Alternate Entrees</b> <ul style="list-style-type: none"> <li>• Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)</li> <li>• Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)</li> <li>• Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)</li> <li>• Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)</li> <li>• Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)</li> </ul> <b>Extra Extra</b> <ul style="list-style-type: none"> <li>• Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)</li> <li>• Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)</li> <li>• Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)</li> <li>• Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)</li> </ul> <b>Milk &amp; Condiments</b> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)</li> <li>• Skim Milk (80 Cal, 0g Fat, 12g Sugar)</li> <li>• Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)</li> <li>• Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)</li> <li>• Ketchup (15 Cal, 0g Fat, 3g Sugar)</li> <li>• Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)</li> <li>• Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)</li> <li>• Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)</li> <li>• Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)</li> </ul> <b>On the Go</b>

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

### On the Go

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

- Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)
- On the Go**
- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
- Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
- Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
- Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Dinner Roll (80 Cal, 1.5g Fat, 1g Sugar)
- Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

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### Main Entrees

- Chicken Parmesan (270 Cal, 12g Fat, 3g Sugar)
- Rotini Pasta (80 Cal, 0g Fat, 0g Sugar)
- Mixed Greens Salad (10 Cal, 0g Fat, 1g Sugar)
- Whole Grain Toasted Garlic Bread (70 Cal, 4.5g Fat, 1g Sugar)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)

### Alternate Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

### Extra Extra

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

### Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)

### Main Entrees

- Italian Meatball Sub (390 Cal, 15g Fat, 10g Sugar)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)
- Blueberry Crisp (200 Cal, 7g Fat, 20g Sugar)

### Alternate Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

### Extra Extra

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

### Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)

### Main Entrees

- Roasted Turkey (80 Cal, 4g Fat, 0g Sugar)
- Brown Gravy (10 Cal, 0g Fat, 0g Sugar)
- Mashed Sweet Potatoes (130 Cal, 1.5g Fat, 7g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Fresh Baked Whole Grain Biscuit (210 Cal, 10g Fat, 2g Sugar)

### Alternate Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

### Extra Extra

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

### Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)

### Main Entrees

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Broccoli Ranch Salad with Carrots (60 Cal, 3g Fat, 2g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)

### Alternate Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

### Extra Extra

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

### Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
- Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
- Ketchup (15 Cal, 0g Fat, 3g Sugar)

- Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
  - Ketchup (15 Cal, 0g Fat, 3g Sugar)
  - Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
  - Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
  - Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
  - Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)
- On the Go**
- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
  - Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
  - Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
  - Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
  - Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
  - Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
  - Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
  - Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
  - Egg Salad (180 Cal, 15g Fat, 1g Sugar)
  - Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
  - Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
  - Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
  - Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
  - Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
  - Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
  - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- On the Go**
- Ketchup (15 Cal, 0g Fat, 3g Sugar)
  - Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
  - Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
  - Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
  - Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)
- On the Go**
- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
  - Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
  - Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
  - Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
  - Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
  - Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
  - Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
  - Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
  - Egg Salad (180 Cal, 15g Fat, 1g Sugar)
  - Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
  - Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
  - Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
  - Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
  - Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
  - Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
  - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- On the Go**
- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
  - Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
  - Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
  - Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
  - Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
  - Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
  - Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
  - Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
  - Egg Salad (180 Cal, 15g Fat, 1g Sugar)
  - Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
  - Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
  - Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
  - Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
  - Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
  - Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
  - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- On the Go**
- Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
  - Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
  - Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)
  - Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)
- On the Go**
- Mixed Greens Salad with Cheese (250 Cal, 19g Fat, 2g Sugar)
  - Classic Tuna Salad Over Lettuce (300 Cal, 25g Fat, 3g Sugar)
  - Italian Hero on Whole Grain (370 Cal, 18g Fat, 7g Sugar)
  - Tuna Salad Sub (560 Cal, 39g Fat, 7g Sugar)
  - Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)
  - Salami & Cheese Sub (420 Cal, 26g Fat, 5g Sugar)
  - Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
  - Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)
  - Egg Salad (180 Cal, 15g Fat, 1g Sugar)
  - Cereal Fun Lunch (410 Cal, 14g Fat, 27g Sugar)
  - Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
  - Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g Sugar)
  - Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
  - Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
  - Berry Parfait with Granola (550 Cal, 15g Fat, 58g Sugar)
  - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

**25**

**Main Entrees**

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g Fat, 0g Sugar)
- Shredded Cheddar Cheese (10 Cal, 1g Fat, 0g Sugar)
- Seasoned Carrots (35 Cal, 2.5g Fat, 2g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)

**26**

**Main Entrees**

- Beef Nachos (360 Cal, 21g Fat, 3g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Seasoned Black Beans (120 Cal, 0g Fat, 1g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Shredded Cheddar Cheese (10 Cal, 1g Fat, 0g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**27**

**Main Entrees**

- Cheese Pizza Dunkers with Sauce (390 Cal, 14g Fat, 13g Sugar)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)
- Mixed Greens Salad (10 Cal, 0g Fat, 1g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
- Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)

**Milk & Condiments**

**28**

**Main Entrees**

- Whole Grain French Toast Sticks (170 Cal, 4g Fat, 5g Sugar)
- Hash Brown Patty (130 Cal, 8g Fat, 1g Sugar)
- Turkey Sausage Link (120 Cal, 8g Fat, 0g Sugar)
- Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)

**Alternate Entrees**

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
- Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
- Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)

**Extra Extra**

- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
- Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
- Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)

