

MONDAY

TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

Main Entrees

- Classic Hamburger (320 Cal, 14g Fat, 3g Sugar)
- Lettuce & Tomato Side Salad (5 Cal, 0g Fat, 1g Sugar)
- Oven Baked Fries (110 Cal, 6g Fat, 1g Sugar)
- Roasted Green Beans (35 Cal, 0g 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)
- 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)

Main Entrees

- Herb Marinated & Roasted Chicken (180 Cal, 12g Fat, 0g Sugar)
- Sweet Potato Fries (160 Cal, 4.5g Fat, 8g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g 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)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)

Main Entrees

- Cheese Pizza (340 Cal, 15g Fat, 6g Sugar)
- Mixed Greens Salad (20 Cal, 0g Fat, 2g Sugar)
- Seasoned Potato Wedges (120 Cal, 6g Fat, 0g Sugar)
- Chilled Apricots (60 Cal, 0g Fat, 11g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g 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)
- Homemade Tuna Salad (110 Cal, 6g 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)
- 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)
- 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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Main Entrees

- Fajita Style Chicken (130 Cal, 8g Fat, 0g Sugar)
- Brown Rice (220 Cal, 2g Fat, 0g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Sautéed Peppers & Onions (5 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

- 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)

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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)
- Turkey and Cheese Sandwich (310 Cal, 14g Fat, 4g Sugar)

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Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Sweet Potato Fries (90 Cal, 3.5g Fat, 5g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Fresh Carrot Sticks (35 Cal, 0g Fat, 5g Sugar)
- Seasoned Broccoli Florets (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)
- 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)

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Main Entrees

- Italian Turkey Meatball Sub (340 Cal, 10g Fat, 8g Sugar)
- Rotini Pasta (80 Cal, 0g Fat, 0g Sugar)
- Garlic Twist (110 Cal, 4.5g Fat, 3g Sugar)
- Seasoned Peas (90 Cal, 2.5g 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)
- 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)

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Main Entrees

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Caesar Salad (15 Cal, 0.5g Fat, 0g Sugar)
- Seasoned Fries (150 Cal, 7g Fat, 0g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g 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)

- 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)
- 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)
- 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)
- 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)
- 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)
- 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

- Toasted Cheese Sandwich (310 Cal, 14g Fat, 5g Sugar)
- Turkey Bacon (40 Cal, 2g Fat, 0g Sugar)
- Oven Baked Potato Wedges (80 Cal, 0g Fat, 1g Sugar)
- Fresh Carrot Sticks (35 Cal, 0g Fat, 4g Sugar)
- Campbell's Tomato Soup (40 Cal, 0.5g Fat, 5g 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)

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Main Entrees

- Mini Turkey Corn Dogs (280 Cal, 14g Fat, 7g Sugar)
- Baked Mozzarella Cheese Sticks (380 Cal, 18g Fat, 1g Sugar)
- Smile Potatoes (130 Cal, 5g Fat, 0g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g 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)

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Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Pretzel Rod (70 Cal, 0g Fat, 0g Sugar)
- Seasoned Mixed Vegetables (90 Cal, 2.5g Fat, 4g 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

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Main Entrees

- Cinnamon Glazed French Toast Sticks (210 Cal, 7g Fat, 9g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)
- Turkey Sausage Link (120 Cal, 8g Fat, 0g Sugar)
- Colby Cheese Omelet (110 Cal, 8g 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

18

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)
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- 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)

21

22

Main Entrees

- Mini Turkey Corn Dogs (280 Cal, 14g Fat, 7g Sugar)
- Baked Mozzarella Cheese Sticks (380 Cal, 18g Fat, 1g Sugar)
- Smile Potatoes (130 Cal, 5g Fat, 0g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g 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)

23

Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Pretzel Rod (70 Cal, 0g Fat, 0g Sugar)
- Seasoned Mixed Vegetables (90 Cal, 2.5g Fat, 4g 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)

24

Main Entrees

- Cinnamon Glazed French Toast Sticks (210 Cal, 7g Fat, 9g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)
- Turkey Sausage Link (120 Cal, 8g Fat, 0g Sugar)
- Colby Cheese Omelet (110 Cal, 8g 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)

25

- 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)
- 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)
- 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)
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- 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)
- 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)

28

Main Entrees

- Toasted Cheese Sandwich (310 Cal, 14g Fat, 5g Sugar)
- Turkey Bacon (40 Cal, 2g Fat, 0g Sugar)
- Oven Baked Potato Wedges (80 Cal, 0g Fat, 1g Sugar)
- Fresh Carrot Sticks (35 Cal, 0g Fat, 4g Sugar)
- Campbell's Tomato Soup (40 Cal, 0.5g Fat, 5g 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)

29

Main Entrees

- Mini Turkey Corn Dogs (280 Cal, 14g Fat, 7g Sugar)
- Baked Mozzarella Cheese Sticks (380 Cal, 18g Fat, 1g Sugar)
- Smile Potatoes (130 Cal, 5g Fat, 0g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g 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)

30

Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Pretzel Rod (70 Cal, 0g Fat, 0g Sugar)
- Seasoned Mixed Vegetables (90 Cal, 2.5g Fat, 4g 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)

31

Main Entrees

- Cinnamon Glazed French Toast Sticks (210 Cal, 7g Fat, 9g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)
- Turkey Sausage Link (120 Cal, 8g Fat, 0g Sugar)
- Colby Cheese Omelet (110 Cal, 8g 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)
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- 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

- 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)
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- 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)

Milk & Condiments

- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
- Skim Milk (80 Cal, 0g Fat, 12g Sugar)
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- 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)
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- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

More Details: marlboro.nutrislice.com/menu/robertsville/lunch/

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