

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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### Main Entrees

- Beef Hot Dog on Whole Wheat (310 Cal, 16g Fat, 4g Sugar)
- Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g 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)
- 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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### Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Orange Glazed Carrots (100 Cal, 5g Fat, 10g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g 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

- 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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### Main Entrees

- Macaroni and Cheese (360 Cal, 23g Fat, 4g Sugar)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)
- Mixed Greens Salad (10 Cal, 0g Fat, 1g Sugar)
- Whole Grain Toasted Garlic Bread (70 Cal, 4.5g Fat, 1g Sugar)
- Peach and Pear Crisp (180 Cal, 7g Fat, 9g 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)

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### Main Entrees

- Pancakes (150 Cal, 4g Fat, 3g Sugar)
- Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)
- Turkey Sausage Link (60 Cal, 4g Fat, 0g Sugar)
- Seasoned Peas (90 Cal, 2.5g Fat, 4g 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)
- 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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### 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)
- 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 (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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 (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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 (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

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**Main Entrees**

- Popcorn Chicken (260 Cal, 12g Fat, 1g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Chips, Potato, Original, Lay's, 1.5 oz (240 Cal, 16g 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)

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**Main Entrees**

- Meatballs Marinara with Spaghetti (370 Cal, 11g Fat, 5g Sugar)
- Seasoned Broccoli Florets (40 Cal, 2.5g Fat, 1g Sugar)
- Mixed Greens Salad (10 Cal, 0g Fat, 1g Sugar)
- Whole Grain Toasted Garlic Bread (70 Cal, 4.5g 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)

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**Main Entrees**

- Roasted Chicken (180 Cal, 12g Fat)
- Seasoned Peas and Carrots (60 Cal, 2.5g Fat, 4g Sugar)
- Herb Roasted Potatoes (100 Cal, 1.5g Fat, 1g 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)
- 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)

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**Main Entrees**

- Beef Nachos (510 Cal, 29g Fat, 2g Sugar)
- Fiesta Rice (150 Cal, 3g Fat, 3g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Shredded Cheddar Cheese (120 Cal, 9g Fat, 0g Sugar)
- Shredded Lettuce (5 Cal, 0g Fat, 1g Sugar)
- Fresh Diced Tomatoes (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**

- 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)

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**Main Entrees**

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Fresh Carrot Sticks (35 Cal, 0g Fat, 4g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g 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)

- 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 (560 Cal, 14g Fat, 55g 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)
- 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 (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)
- Tuna Salad Sub (560 Cal, 39g Fat, 7g 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 (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

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**Main Entrees**

- Cheese Pizza Dunkers with Sauce (390 Cal, 14g Fat, 13g Sugar)
- Fresh Chopped Romaine (10 Cal, 0g Fat, 1g Sugar)
- Seasoned Peas (90 Cal, 2.5g Fat, 4g Sugar)
- Baked Apple Slices (130 Cal, 0.5g Fat, 28g 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**

- Macaroni and Cheese (360 Cal, 23g Fat, 4g Sugar)
- Seasoned Spinach (80 Cal, 3.5g Fat, 1g Sugar)
- Whole Grain Toasted Garlic Bread (70 Cal, 4.5g 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**

20

**Main Entrees**

- Italian Meatball Sub (370 Cal, 14g Fat, 9g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)
- Mixed Berries (90 Cal, 0g Fat, 16g 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)

21

**Main Entrees**

- Roasted Turkey (80 Cal, 4g Fat, 0g Sugar)
- Brown Gravy (15 Cal, 0g Fat, 0g Sugar)
- Sliced Carrots (35 Cal, 0.5g Fat, 4g Sugar)
- Fresh Baked Whole Grain Biscuit (210 Cal, 10g Fat, 2g Sugar)
- Seasoned Potato Wedges (100 Cal, 4g 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)

22

**Main Entrees**

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Fresh Carrot Sticks (35 Cal, 0g Fat, 4g Sugar)
- Oven Baked Curly 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)

- 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 (560 Cal, 14g Fat, 55g 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 (560 Cal, 14g Fat, 55g 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 (560 Cal, 14g Fat, 55g 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 (560 Cal, 14g Fat, 55g 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)
- Dinner Roll (80 Cal, 1.5g Fat, 1g Sugar)
- Berry Parfait with Granola (560 Cal, 14g Fat, 55g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

## 25

#### Main Entrees

- BLT Burger (310 Cal, 12g Fat, 5g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g Fat, 0g Sugar)
- Strawberries (90 Cal, 0g Fat, 18g Sugar)
- American Cheese (50 Cal, 4.5g 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)

## 26

#### Main Entrees

- Chicken Strips (130 Cal, 6g Fat, 0g Sugar)
- Seasoned Broccoli Florets (40 Cal, 2.5g Fat, 1g Sugar)
- Rotini Pasta (80 Cal, 0g Fat, 0g Sugar)
- Cheesy Whole Grain Breadstick (110 Cal, 3.5g Fat, 3g Sugar)
- Hearty Spinach & Vegetable Salad (15 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)

## 27

#### Main Entrees

- Waffles (200 Cal, 6g Fat, 4g Sugar)
- Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)
- Turkey Sausage Link (120 Cal, 8g Fat, 0g Sugar)
- Sweet Potato Fries (160 Cal, 4.5g Fat, 8g 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)

## 28

#### Main Entrees

- Soft Beef Whole Grain Tacos (330 Cal, 15g Fat, 2g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Mexican Style Refried Beans (100 Cal, 1g Fat, 1g Sugar)
- Fresh Diced Tomatoes (10 Cal, 0g Fat, 1g Sugar)
- Shredded Lettuce (5 Cal, 0g Fat, 1g Sugar)
- Shredded Cheddar Cheese (120 Cal, 9g 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)

## 29

#### 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)
- Oven Baked Curly 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)

