

## December 2018

Robertsville  
Lunch

## MONDAY

3

## Main Entrees

- Chicken Fajitas (320 Cal, 10g Fat, 7g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Sauteed Peppers & Onions (5 Cal, 0g Fat, 1g Sugar)
- Fresh Celery Sticks (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 &amp; 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 (420 Cal, 14g Fat, 30g 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

## TUESDAY

4

## Main Entrees

- Whole Grain Waffles (180 Cal, 6g Fat, 2g 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 &amp; 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 (420 Cal, 14g Fat, 30g 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

## WEDNESDAY

5

## Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Seasoned Broccoli Florets (40 Cal, 2.5g Fat, 1g Sugar)
- Seasoned Fries (150 Cal, 7g Fat, 0g 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 &amp; 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g

## THURSDAY

6

## Main Entrees

- Toasty Cheese Sandwich (350 Cal, 16g Fat, 7g Sugar)
- Turkey Bacon (40 Cal, 2g Fat, 0g Sugar)
- Seasoned Potato Wedges (120 Cal, 6g Fat, 0g Sugar)
- Seasoned Peas (90 Cal, 2.5g Fat, 4g 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 &amp; 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g

## FRIDAY

7

## 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)
- Fresh Chopped Romaine (0 Cal, 0g Fat, 0g Sugar)
- Sliced Fresh Strawberries (15 Cal, 0g Fat, 2g 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 &amp; 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)

- 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)
- 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)
- 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)
- 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)
- 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)

**10****Main Entrees**

- Beef Nachos (440 Cal, 22g Fat, 4g Sugar)
- Chips, Tortilla, Scoops, Baked, .875 oz (110 Cal, 2.5g Fat, 0g Sugar)
- Shredded Cheddar Cheese (230 Cal, 19g Fat, 0g Sugar)
- Shredded Lettuce (5 Cal, 0g Fat, 1g Sugar)
- Sliced Tomatoes (10 Cal, 0g Fat, 1g Sugar)
- Mexican Rice (270 Cal, 4g 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)
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g

**11****Main Entrees**

- Turkey Hot Dog (280 Cal, 11g Fat, 5g Sugar)
- Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
- Sauerkraut (0 Cal, 0g Fat, 0g Sugar)
- Oven Baked Potato Wedges (100 Cal, 3g Fat, 0g 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)
- 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g

**12****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, 4g 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)
- 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g

**13****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)
- 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun

**14****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)
- 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 (420 Cal, 14g Fat, 30g Sugar)

- Cereal Fun Lunch (420 Cal, 14g Fat, 30g 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)
- 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)
- Fat, 18g Sugar)
- 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)
- Fat, 30g 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)

**17****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)
- 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, 6a Fat, 1a Sugar)

**18****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)

**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, 6a Fat, 1a Sugar)

**19****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 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 (420 Cal, 14a

**20****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 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 (420 Cal, 14a

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- *Cal, 6g Fat, 1g Sugar*
- Egg Salad (180 Cal, 15g Fat, 1g Sugar)
- Cereal Fun Lunch (420 Cal, 14g Fat, 30g 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 (420 Cal, 14g Fat, 30g Sugar)
- Bagel Fun Lunch (450 Cal, 19g Fat, 18g Sugar)
- Biscuit & Turkey Ham Fun Lunch (440 Cal, 22g Fat, 15g 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)
- 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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**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/](http://marlboro.nutrislice.com/menu/robertsville/lunch/)  
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