

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Main Entrees

- Rotini with Italian Meat Sauce (320 Cal, 16g Fat, 8g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g Sugar)
- Seasoned Spinach (80 Cal, 3.5g Fat, 1g Sugar)
- Mixed Greens Salad (10 Cal, 0g Fat, 1g Sugar)
- Whole Grain Toasted Garlic Bread (80 Cal, 2.5g Fat, 2g Sugar)

Alternate Entrees

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

Extra Extra

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

Milk & Condiments

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

On the Go

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

2

Main Entrees

- Beef Nachos (490 Cal, 28g Fat, 2g Sugar)
- Mexicali Corn (90 Cal, 3g Fat, 3g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Salsa (20 Cal, 0g Fat, 3g 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)
- 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)

3

Main Entrees

- Beef Hot Dog on Whole Wheat (280 Cal, 17g Fat, 3g Sugar)
- Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
- Sauerkraut (0 Cal, 0g Fat, 0g Sugar)
- Oven Baked Fries (110 Cal, 6g Fat, 1g Sugar)
- Mixed Vegetable Medley (70 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)
- 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, 13g Fat, 56g 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 (560 Cal, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

6**Main Entrees**

- Chicken Fajitas (350 Cal, 11g Fat, 7g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Sauteed 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)

7**Main Entrees**

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Seasoned Carrots (35 Cal, 2.5g Fat, 2g Sugar)
- Sweet Potato Fries (70 Cal, 2.5g Fat, 4g Sugar)
- Garlic Knots (180 Cal, 5g 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)

8**Main Entrees**

- Cheesy Baked Pasta (310 Cal, 13g Fat, 7g Sugar)
- Seasoned Broccoli (45 Cal, 2.5g Fat, 1g Sugar)
- Breadstick (70 Cal, 1g Fat, 1g Sugar)
- Peach and Pear Crisp (130 Cal, 8g 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)

9**Main Entrees**

- Toasty Cheese Sandwich (400 Cal, 23g Fat, 4g Sugar)
- Mashed Potatoes (100 Cal, 0g Fat, 0g Sugar)
- Seasoned Green Peas (45 Cal, 3g Fat, 1g 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)

10**Main Entrees**

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Mixed Greens Salad (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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

13

Main Entrees

- Cinnamon Glazed French Toast Sticks (210 Cal, 7g Fat, 9g Sugar)
- Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)
- Turkey Sausage Link (60 Cal, 4g Fat, 0g Sugar)
- Tater Tots (150 Cal, 7g Fat, 1g Sugar)

Alternate Entrees

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

Extra Extra

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

- 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

14

Main Entrees

- Popcorn Chicken (260 Cal, 12g Fat, 1g Sugar)
- Fiesta Rice (150 Cal, 3g Fat, 3g Sugar)
- Breadstick (70 Cal, 1g Fat, 1g Sugar)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)

Alternate Entrees

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

Extra Extra

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

Milk & Condiments

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

- 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

15

Main Entrees

- Twisted Cheese Stuffed Breadstick (220 Cal, 6g Fat, 3g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g Sugar)
- Seasoned Carrots (35 Cal, 2.5g Fat, 2g 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)

- 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

16

Main Entrees

- Roasted Turkey (80 Cal, 4g Fat, 0g Sugar)
- Seasoned Broccoli (45 Cal, 2.5g Fat, 1g Sugar)
- Brown Gravy (15 Cal, 0g Fat, 0g Sugar)
- Glazed Sweet Potatoes (180 Cal, 5g Fat, 14g 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)

17

Main Entrees

- Roasted Turkey (80 Cal, 4g Fat, 0g Sugar)
- Seasoned Broccoli (45 Cal, 2.5g Fat, 1g Sugar)
- Brown Gravy (15 Cal, 0g Fat, 0g Sugar)
- Glazed Sweet Potatoes (180 Cal, 5g Fat, 14g 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)
- 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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 (80 Cal, 1.5g Fat, 1g Sugar)
- Berry Parfait with Granola (560 Cal, 13g Fat, 56g Sugar)
- Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g Sugar)

- 20**
- 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 (80 Cal, 2.5g Fat, 2g Sugar)
- Alternate Entrees**
- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
 - Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
 - Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
 - Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
 - Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)
- Extra Extra**
- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
 - Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
 - Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
 - Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)
- Milk & Condiments**
- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
 - Skim Milk (80 Cal, 0g Fat, 12g Sugar)
 - Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
 - Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
 - Ketchup (15 Cal, 0g Fat, 3g Sugar)
 - Spicy Brown Mustard Packet (10 Cal, 0.5g Fat, 0g Sugar)
 - Mayonnaise Light Packet, 0.437 oz (30 Cal, 3g Fat, 0g Sugar)
 - Light Ranch Dressing (35 Cal, 2g Fat, 1g Sugar)

- 21**
- Main Entrees**
- Beef Nachos (510 Cal, 29g Fat, 2g Sugar)
 - Fiesta Rice (150 Cal, 3g Fat, 3g Sugar)
 - Shredded Cheddar Cheese (120 Cal, 9g Fat, 0g Sugar)
 - Salsa (20 Cal, 0g Fat, 3g Sugar)
 - Shredded Lettuce (5 Cal, 0g Fat, 1g Sugar)
 - Baked Tortilla Chip Scoops (110 Cal, 2.5g 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)

- 22**
- Main Entrees**
- Roasted BBQ Chicken (240 Cal, 12g Fat, 10g Sugar)
 - Seasoned Peas and Carrots (60 Cal, 2.5g Fat, 4g Sugar)
 - Buttered Noodles (180 Cal, 12g Fat, 1g Sugar)
 - Mini Whole Grain Biscuit (90 Cal, 4.5g Fat, 1g Sugar)
 - Fresh Baked Whole Grain Biscuit (210 Cal, 10g Fat, 2g Sugar)
- Alternate Entrees**
- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
 - Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
 - Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
 - Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
 - Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)
- Extra Extra**
- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
 - Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
 - Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
 - Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)
- Milk & Condiments**
- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
 - Skim Milk (80 Cal, 0g Fat, 12g Sugar)
 - Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
 - 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)

- 23**
- Main Entrees**
- Beef Hot Dog on Whole Wheat (280 Cal, 17g Fat, 3g Sugar)
 - Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
 - Sauerkraut (0 Cal, 0g Fat, 0g Sugar)
 - Mixed Vegetable Medley (70 Cal, 2.5g Fat, 3g 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)

- 24**
- Main Entrees**
- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
 - Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
 - Three Bean Salad (140 Cal, 7g Fat, 5g Sugar)
 - Seasoned Potato Wedges (100 Cal, 4g Fat, 1g Sugar)
 - Blueberry Crisp (160 Cal, 8g Fat, 20g Sugar)
- Alternate Entrees**
- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
 - Classic American Cheeseburger (330 Cal, 16g Fat, 5g Sugar)
 - Crispy Chicken Patty Sandwich (420 Cal, 18g Fat, 5g Sugar)
 - Deep Dish Cheese Pizza (340 Cal, 13g Fat, 15g Sugar)
 - Seasoned Waffle Fries (120 Cal, 6g Fat, 0g Sugar)
- Extra Extra**
- Fresh Carrots (30 Cal, 0g Fat, 4g Sugar)
 - Fresh Whole Fruit (80 Cal, 0g Fat, 14g Sugar)
 - Assorted Chilled Fruit (60 Cal, 0g Fat, 6g Sugar)
 - Assorted Fruit Juice (60 Cal, 0g Fat, 14g Sugar)
- Milk & Condiments**
- 1% Low-fat Milk (100 Cal, 2g Fat, 12g Sugar)
 - Skim Milk (80 Cal, 0g Fat, 12g Sugar)
 - Strawberry Skim Milk (120 Cal, 0g Fat, 19g Sugar)
 - Chocolate Skim Milk (120 Cal, 0g Fat, 18g Sugar)
 - 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)

- 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, 13g Fat, 56g Sugar)
 - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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, 13g Fat, 56g Sugar)
 - Baked Tortilla Chip Scoops (110 Cal, 2.5g Fat, 0g 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)
 - Dinner Roll (80 Cal, 1.5g Fat, 1g Sugar)
 - Berry Parfait with Granola (560 Cal, 13g Fat, 56g Sugar)
 - 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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