

MONDAY

1

Main Entrees

- Chicken Fajitas (350 Cal, 11g Fat, 7g Sugar)
- Sauteed Peppers & Onions (15 Cal, 0g Fat, 1g Sugar)
- Brown Rice (110 Cal, 1g Fat, 0g Sugar)
- Salsa (20 Cal, 0g Fat, 3g Sugar)
- Homemade Chicken Noodle Soup (50 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, 6g Fat, 1g Sugar)

TUESDAY

2

Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Seasoned Corn (70 Cal, 1g Fat, 0g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g Fat, 0g 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)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)
- Homemade Tuna Salad (110 Cal, 6g Fat, 1g Sugar)

WEDNESDAY

3

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)
- Chicken Salad (180 Cal, 14g Fat, 1g Sugar)

THURSDAY

4

Main Entrees

- Beef Hot Dog on Whole Wheat (280 Cal, 17g Fat, 3g Sugar)
- Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
- Baked Crinkle Fries (110 Cal, 3.5g Fat, 0g Sugar)
- Seasoned Peas and Carrots (60 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)

FRIDAY

5

Main Entrees

- Cheese Pizza (400 Cal, 16g Fat, 7g Sugar)
- Pepperoni Pizza (410 Cal, 18g Fat, 7g Sugar)
- Marinated Tomato & Cucumber Salad (250 Cal, 24g 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 (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)
- 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)
- 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)
- 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)

8

Main Entrees

- Pancakes (130 Cal, 2g Fat, 6g Sugar)
- Colby Cheese Omelet (110 Cal, 8g Fat, 0g Sugar)
- Turkey Sausage Link (60 Cal, 4g Fat, 0g Sugar)
- Sweet Potato Fries (90 Cal, 3.5g 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)

9

Main Entrees

- Soft Beef Taco (390 Cal, 16g Fat, 0g 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)

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)

10

Main Entrees

- Roasted BBQ Chicken (240 Cal, 12g Fat, 10g Sugar)
- Seasoned Broccoli (45 Cal, 2.5g Fat, 1g Sugar)
- Oven Baked Potato Wedges (100 Cal, 3g Fat, 0g 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)
- 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)

11

Main Entrees

- Rotini Pasta (80 Cal, 0g Fat, 0g Sugar)
- Marinara Sauce (70 Cal, 2g Fat, 6g Sugar)
- Mixed Vegetable Medley (70 Cal, 2.5g Fat, 3g Sugar)
- Garlic Twist (110 Cal, 4.5g 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)

12

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)
- 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)
- 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)
- 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)

15

Main Entrees

- Cheesy Baked Pasta (310 Cal, 13g Fat, 7g Sugar)
- Savory Green Beans (40 Cal, 2.5g 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)
- Italian Fat Free Dressing, 1.5 oz (25 Cal, 0g Fat, 3g Sugar)

On the Go

16

Main Entrees

- Roasted Turkey (80 Cal, 4g Fat, 0g Sugar)
- Seasoned Peas and Carrots (60 Cal, 2.5g Fat, 4g Sugar)
- Beef Gravy (10 Cal, 0g Fat, 0g Sugar)
- Glazed Sweet Potatoes (180 Cal, 5g Fat, 14g 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

17

Main Entrees

- Pancakes (130 Cal, 2g Fat, 6g 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

18

Main Entrees

- Chicken Nuggets (260 Cal, 15g Fat, 1g Sugar)
- Homemade Cornbread (110 Cal, 3g Fat, 4g Sugar)
- Seasoned Broccoli (45 Cal, 2.5g 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

19

- 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)
- 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)

22

23

24

25

26

29

Main Entrees

- Classic Hamburger (330 Cal, 15g Fat, 4g Sugar)
- Vegetarian Baked Beans (140 Cal, 0.5g Fat, 12g Sugar)
- Sliced Tomatoes (10 Cal, 0g Fat, 1g Sugar)
- Shredded Lettuce (5 Cal, 0g Fat, 1g 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)

30

Main Entrees

- Roasted Chicken (180 Cal, 12g Fat)
- Savory Green Beans (40 Cal, 2.5g Fat, 1g Sugar)
- Whole Grain Dinner Roll (90 Cal, 1.5g Fat, 3g Sugar)
- Oven Baked Potato Wedges (100 Cal, 3g 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)

- 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)

Print Menu

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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