

Breakfast Menu

- 5/1 Cosmic Confetti Waffle (38g - carbs, 2g - fiber)
- 5/2 - Sausage, Egg & Cheese Sandwich on a WG English Muffin (27g - carbs, 3g - fiber)
- 5/5 - Strawberry Smoothie w/ WG Blueberry Bread (45g - carbs, 2g - fiber)
- 5/6 - Strawberry Bagel Stick (42g - carbs, 2g - fiber)
- 5/7 - Breakfast Burrito (24g - carbs, 3g - fiber)
- 5/8 - Apple Cinnamon Texas Toast (45g - carbs, 2g - fiber)
- 5/9 - Iced Donut Ring (58g - carbs, 3g - fiber)
- 5/12 -Yogurt Parfait w/ WG Blueberry Bread (45g - carbs, 2g - fiber)
- 5/13 - Pancake Sausage Bites (15g - carbs, 3g - fiber)
- 5/14 - Stuffed Waffle - Chicken Sausage and Cheese (23g - carbs, 1g - fiber)
- 5/15 - French Toast Bites (38g - carbs, 2g - fiber)
- 5/16 - Sausage, Egg & Cheese Sandwich on a WG English Muffin (27g - carbs, 3g - fiber)
- 5/19 - Strawberry Smoothie w/ WG Blueberry Bread (45g - carbs, 2g - fiber)
- 5/20 - Cheese Omelet w/ Biscuit (29g - carbs, 4g - fiber)
- 5/21 - Bagel w/ Cream Cheese Cup (37g - carbs, 4g - fiber)
- 5/22 - Blueberry pancakes (35g - carbs, 4g - fiber)
- 5/23 - Iced Donut Ring (58g - carbs, 3g - fiber)
- 5/27 Cinnamon Toast Crunch Soft Bar (41g - carbs, 3g - fiber)
- 5/28 - Breakfast Pizza (31g - carbs, 3g - fiber)
- 5/29 - Chocolate Chip French Toast (37g - carbs, 6g - fiber)
- 5/30 - Sausage, Egg & Cheese Sandwich on a WG English Muffin (27g - carbs, 3g - fiber)
- 6/2 - Yogurt Parfait w/ WG Blueberry Bread (45g - carbs, 2g - fiber)
- 6/3 - Strawberry Bagel Stick (42g - carbs, 2g - fiber)
- 6/4 - Breakfast burrito (24g - carbs, 3g - fiber)
- 6/5 - Cosmic Confetti Waffle (38g - carbs, 2g - fiber)
- 6/6 - Iced Donut Ring (58g - carbs, 3g - fiber)

Offered Everyday as a Main Meal Option instead of Above

Assorted cereal

- Lucky Charms (47g - carbs, 4g - fiber)
- Cinnamon Toast Crunch (44g - carbs, 7g - fiber)
- Cocoa Puffs (47g - carbs, 3g - fiber)
- Apple Jacks (32g - carbs, 2g - fiber)
- Cheerios - Honey Nut (42g - carbs, 6g - fiber)
- Frosted Flakes (50g - carbs, 1g - fiber)

Assorted bars

Benefit bars

- Oatmeal Chocolate (47g - carbs, 3g - fiber)
- Banana chocolate chip (47g - carbs, 3g - fiber)
- French toast (47g - carbs, 3g - fiber)
- Celebration (47g - carbs, 3g - fiber)

- Cocoa Chip (46g - carbs, 4g - fiber)

Zee Zee

- Cocoa Cherry (33g - carbs, 2g - fiber)
- Birthday Cake (24g - carbs, 2g - fiber)

Poptarts

- Strawberry (73g - carbs, 6g - fiber)
- Fudge (73g - carbs, 6g - fiber)
- Cinnamon (73g - carbs, 6g - fiber)

Uncrustable

- Grape (32g - carbs, 4g - fiber)
- Strawberry (32g - carbs, 4g - fiber)

Breakfast Sides, Can take with main entree, Have to take at least one fruit OR juice

Muffins

- Blueberry muffin (25g carbs, 1g - fiber)
- Apple muffin (24g carbs, 1g - fiber)

Assorted graham crackers

- Cinnamon Scooby Snacks, Cinnamon "bug bites" (21g - carbs, 1g - fiber)
- Chocolate Tiger Bites, Regular Tiger Bites (20g - carbs, 2g - fiber)
- Assorted juice - apple (14g - carbs, 0g - fiber)
- Orange (13g - carbs, 0g - fiber)
- Grape (21g carbs, 0g - fiber)
- Fruit punch (14g - carbs, 0g - fiber)

Weekly fruits:

- Raisins (31g - carbs, 2g - fiber)
- Craisins (27g - carbs, 2g - fiber)
- Apples (15g - carbs, 3g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)
- Pears (25g - carbs, 5g - fiber)
- Plums (8g - carbs, 1g - fiber)

Juice

- Apple (14g - carbs, 0g - fiber)
- Orange (13g - carbs, 0g - fiber)
- Grape (21g - carbs, 0g - fiber)
- Fruit Punch (14g - carbs, 0g - fiber)

Lunch Menu

5/1 - Homemade Mac n Cheese w/ Breadstick - (39g - carbs, <3g - fiber)

5/2 - Personal Cheese Pizza (45g - carbs, 2g - fiber)

5/5 - Beef Enchilada (32g - carbs, 3g - fiber) and spanish rice (43g - carbs, 1g - fiber)

5/6 - French Toast Stick w/ Sausage Patty & Hashbrown - (51g - carbs, 4g - fiber)

5/7 - Orange Chicken w/ Fried Rice (47g - carbs, 2g - fiber)
 5/8 - Spaghetti (42g - carbs, 2g - fiber) with Meat Sauce (11g - carbs, 2g - fiber)
 5/9- Pizza Rippers - (27g - carbs, 3g - fiber)
 5/12 - Mini corn dogs (22 g - carbs, 0 g - fiber)
 5/13 - Nachos (Chips, Taco Beef, Cheese Sauce) - (26g - carbs, < 3g - fiber)
 5/14 - Bone in Wings w/ Roll - (16g - carbs, 1g - fiber)
 5/15 - Breakfast Bowl - Tater tots, Scrambled Eggs , Shredded Cheese , Sausage Gravy (24g - carbs, 1g - fiber)
 5/16 - Mini Calzones - (35g - carbs, 2g - fiber)
 5/19 - Meatball Sub (59g - carbs, 7g - fiber)
 5/20 - Chicken & Waffles (14g - carbs, < 2g - fiber)
 5/21- Teriyaki Dippers w/ Fried Rice (41g - carbs, 3g - fiber)
 5/22 - Mock KFC Bowl (Chicken, Mashed Taters, Corn, Gravy, Cheese) - (46g - carbs, 5g - fiber)
 5/23 - Pizza Crunchers (41g - carbs, 6 g - fiber)
 5/27 - Walking Taco (Chips, Taco Beef and Cheese sauce) - (35g - carbs, <3 g - fiber)
 5/28 - Chicken Drumstick w/ Cornbread (38g - carbs, 2g - fiber)
 5/29 - Chicken Alfredo (47g - carbs, 2g - fiber) w/ texas toast (2) (24g - carbs, 2g - fiber)
 5/30- Buffalo Chicken Pizza (22g - carbs, 2g - fiber) OR BBQ Chicken Pizza (42g - carbs, 3g - fiber)
 6/2 - Mini corn dogs (22 g - carbs, 0 g - fiber)
 6/3 - Soft tacos - beef (2g - carbs, <1 g - fiber), cheese (6g - carbs, 0g - fiber), tortilla shells
 6/4 - Cherry Chicken w/ fried rice (62 g - carbs, 4 g - fiber)
 6/5 - Homemade Mac n Cheese w/ Breadstick - (39g - carbs, <3g - fiber)
 6/6 - Chef's Choice - once its figured out, I can send it out

Hot Grab and Gos offered daily in replacement of main entrees above

MONDAY

Big daddy's Pizza (35g - carbs, 3g - fiber)
 Spicy Chicken Sandwich (45g - carbs, 2g - fiber)
 Turkey & Cheese Sub (50g - carbs, 4g - fiber)
 Bosco Sticks (31g - carbs, 4g - fiber)

TUESDAY

Taco Stick (32g- carbs, 4g - fiber)
 Chicken Tenders w/ Breadstick (21g - carbs, < 2g - fiber)
 Ham & Cheese Croissant (28g - carbs, < 1g - fiber)

Calzone (42g - carbs, 3g - fiber)

WEDNESDAY

French Bread Pizza Cheese (29g- carbs, 2g- fiber) OR Pepperoni (32g - carbs, 3g - fiber)
 Chicken Flatbread (2g - carbs, <1 g - fiber)
 Chef's Choice Wrap
 Bosco Sticks (31g - carbs, 4g - fiber)

THURSDAY

Hotdog (19 g - carbs, 1 g - fiber)
 Bacon Cheeseburger/ Cheeseburger (32g - carbs, 0 g - fiber)

Turkey & Cheese Croissant (29g - carbs, < 1g - fiber)

Calzone (42g - carbs, 3g - fiber)

Crispy Chicken Sandwich (46g - carbs, 3 g - fiber)

Ham & Cheese Sub (49g - carbs, 4g - fiber)

Bosco Sticks (31g - carbs, 4g - fiber)

FRIDAY

Chicken Nuggets w/ Roll (29 g - carbs, 2 g - fiber)

Cold Grab and Gos offered daily in replacement of main entrees above

- Charcuterie Plate - Deli meats & cheese, naan bites (5) (23g - carbs, 2g - fiber), Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber), cheese stick (0g - carbs, 0g - fiber)
- Yogurt Plate - 8 oz yogurt, cheese stick, Blueberry Bread, Apple Slices, Baby Carrots (81g - carbs, 4g - fiber)
- Chips & Dips Plate - Chips, cheese cup, hummus cup, salsa cup, Apple Slices, Baby Carrots (76g - carbs, 10g - fiber)
- Salad Plate - Lettuce, cucumbers, tomatoes, Shredded Carrots, deli meat, shredded cheese and graham crackers (37g - carbs, < 6g - fiber)
- PB&J Plate - PB&J, Apple Slices, Baby Carrots, Cheese Stick (16g - carbs, 2g - fiber)

These Items are offered w/ every main entree and Hot and Cold Grab n Go's

4/7- Mashed Potatoes (19g - carbs, 2g - fiber)

4/11- Potato wedges (18g - carbs, 2g - fiber)

4/14 - Tater tots (16g - carbs, 1g - fiber)

4/16 - Udon noodles in soy sauce mix (39g - carbs, 1.5g - fiber)

4/23 - Pasta salad (21 g - carbs, 1g - fiber)

4/25 - French fries (17g - carbs, 1 g - fiber)

4/21- Crinkle Cut Fries (17g - carbs, 1 g - fiber)

4/28 - Waffle Fries (17g - carbs, 1 g - fiber)

4/29 - Diced sweet potatoes in maple glaze (17g - carbs, 2g - fiber)

Lunch Sides, Can take with main entree, Have to take at least one fruit OR Vegetable

Weekly fruits:

- Apple slices (15g - carbs, 2g - fiber)
- Applesauce (24g - carbs, 3g - fiber)
- Strawberries (12g - carbs, 3g - fiber)
- Blueberries (10g - carbs, 2g - fiber)
- Watermelon (11g - carbs, 1g - fiber)
- Pineapple (13g - carbs, 1g - fiber)
- Grapes (29g - carbs, 1g - fiber)
- Apples (15g - carbs, 3g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)

- Pears (25g - carbs, 5g - fiber)
- Plums (8g - carbs, 1g - fiber)

Weekly vegetables:

- Baked Beans (30g - carbs, 5g - fiber)
- Black Beans (23g - carbs, 6g - fiber)
- Coleslaw (0g - carbs, 0g - fiber)
- Salad (3g - carbs, 1g - fiber)
- Baby Carrots (1g - carbs, 0g - fiber)
- Peppers (6g - carbs, 2g - fiber)
- Onions (9g - carbs, 2g - fiber)
- Tomatoes (2g - carbs, <1g - fiber)
- Cucumbers (2g - carbs, 0g - fiber)
- Celery (1g - carbs, <1g - fiber)
- Broccoli (3g - carbs, 1g - fiber)
- Cauliflower (5g - carbs, 2g - fiber)
- Corn (10g - carbs, 1g - fiber)
- Carrots (7g - carbs, 2g - fiber)
- Peas (12g - carbs, 2g - fiber)
- Oriental Vegetables (8g - carbs, 2g - fiber)
- Green Beans (11g - carbs, 5g - fiber)