

## Lunch menu - main entrees

### **Hot Grab n Go's**

#### Monday's

- Pepperoni pizza slice (35g - carbs, 3g - fiber)
- Spicy chicken sandwich (15g - carbs, 2g - fibers) w/ bun ( 30 g - carbs, 0 g - fiber)
- Cheese Pull Apart (g- carbs, g - fiber)

#### Tuesday's

- Taco Stick (32g- carbs, 4g - fiber)
- Hotdog on a bun ( 19 g - carbs, 1 g - fiber)
- Bosco Stick w/ pizza sauce (25g- carbs, 2g - fiber) (6g- carbs, 2g - fiber)

#### Wednesday

- Chicken tenders (6g - carbs, 1 g - fiber) w/ Dinner Roll (15g - carbs, 1g - fiber)
- Chicken Flatbread sandwich ( 2g - carbs, <1 g - fiber)
- Calzone w/ pizza sauce (36g - carbs, 1g- fiber) (6g- carbs, 2g - fiber)

#### Thursday

- Cheese Burger (2g - carbs, 0g - fiber) w/ bun ( 30 g - carbs, 0 g - fiber)
- Bosco Stick w/ pizza sauce (25g- carbs, 2g - fiber) (6g- carbs, 2g - fiber)

#### Friday

- Chicken nuggets w/ roll (14g - carbs 1g - fiber) ( 15g - carb, 1g - fiber)
- Crispy chicken sandwich (16g -carbs, 3g - fiber) w/ bun ( 30 g - carbs, 0 g - fiber)
- Cheese Pull Apart (g- carbs, g - fiber)

### **Cold Grab n Go's -** (Everyday)

- Premade salad w/ lettuce (3g - carbs, 1g - fiber), cucumbers (1g - carbs, <1g - fiber), tomatoes (2g - carbs, <1g - fiber), Shredded Carrots (8g - carbs, 2g - fiber), deli meat (1g - carbs, 0g - fiber), shredded cheese (1g - carbs, 0g - fiber) and graham crackers (21g - carbs, 1g - fiber) or bread slice (45g - carbs, 2g - fiber)
- Yogurt plate - 8 oz yogurt (20g - carbs, 0g - fiber), cheese stick (0g - carbs, 0g - fiber), Blueberry Bread (45g - carbs, 2g - fiber), Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber)
- PB&J plate - PB&J, Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber), Cheese Stick (0g - carbs, 0g - fiber)

- Chips and Cheese plate - Chips (36g - carbs, 3g - fiber), cheese cup (4g - carbs, 0g - fiber), hummus cup (18g - carbs, 5g - fiber), salsa cup (2g - carbs, 0g - fiber), Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber)
- Charcuterie board 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)
- Deli sandwich - deli meat (Ham (0g - carbs, 0g - fiber)), (Turkey (1g - carbs, 0g - fiber) and sliced cheese (2g - carbs, 0g - fiber) - on sub bun 8" (47g - carbs, 4g - fiber), croissant (26g - carbs, < 1g - fiber) or tortilla shell (49g - carbs, 6g - Fiber)

### **Main Entrees**

- French toast (38g - carbs, 3g - fiber), sausage patty (1g - carbs, 0g - fiber) & hashbrown (12g - carbs, 1g - fiber)
- Chicken chunks (12g - carbs, 2g - fiber), mashed potatoes (19g - carbs, 2g - fiber) & corn (10g - carbs, 1g - fiber) topped w/ gravy & cheese (5g carbs, 0g - fiber)
- Pizza rippers - cheese OR pepperoni (27g - carbs, 3g - fiber)
- Sloppy Joe Sandwich (38g - carbs, <3g - Fiber)
- Burrito Bowl - Taco beef, Queso and Spanish rice (48g - carbs, <2g - Fiber)
- Mini corn dogs (22 g - carbs, 0 g - fiber)
- Spaghetti (42g - carbs, 2g - fiber) with Meat Sauce (11g - carbs, 2g - fiber)
- Mini Calzones (35g - carbs, 2 g fiber)
- Chicken ( 2g - carbs, <1 g - fiber) & Waffles (12g - carbs, 1 g - fiber)
- Walking taco - Beef, cheese, chips ( 35g - carbs, <3 g - fiber)
- Orange chicken (12 g - carbs, 0g - fiber) OR Cherry Chicken (27g - carbs, 2g - fiber) OR Teriyaki Chicken (20g - carbs, 0g - fiber) with Fried Rice (35g - carbs, 2 g fiber)
- Homemade mac n cheese w/ breadstick (24g - carbs, 2g - fiber) (15g - carbs, <1g - fiber)
- French Bread Pizza Cheese: (29g - carbs, 2g - fiber) OR Pepperoni: (32g - carbs, 3g - fiber)
- Breaded chicken drumstick w/ cornbread loaf - (38g - carbs, 2 g fiber)
- Soft tacos - beef ( 2g - carbs, <1 g - fiber), cheese (6g - carbs, 0g - fiber), tortilla shells

### **Lunch Sides**

- Udon noodles in soy sauce mix (39g - carbs, 1.5g - fiber)
- Pasta salad (21 g - carbs, 1g - fiber)
- French fries (17g - carbs, 1 g - fiber)
- Sidewinder fries (19g - carbs, 2g - fiber)
- Mashed Potatoes (19g - carbs, 2g - fiber)

### **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)
- 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)