

Lunch Main Entrees

Monday's:

1. Three Meat Stromboli (30g - carbs, 2g - fiber)
2. Wings (Bone in) (1g - carbs, 0g - fiber) & Dinner Roll (23g- carbs, 1g-fiber)
3. Lasagna Roll Up (29g- carbs, 2g-fiber) w/ Mini Garlic Toast (12g- carbs, 1g-fiber)
4. Glazed Chicken (2g - carbs, 0g - fiber) w/ Cornbread Loaf (26g - Carbs, 0g - Fiber)

Pepperoni pizza slice: (35g - carbs, 3g - fiber)

Spicy Chicken Sandwich: Chicken Patty (14g - carbs, 1g - fiber), Bun (19g - carbs, 2g - fiber)

Bosco Sticks (2): (36g- carbs, 4g - fiber)

Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Sub Bun (28g - carbs, 3g - fiber) OR Tortilla (34g- carbs, 1g-fiber)

Tuesday's:

1. Walking Taco - Taco beef (5g - carbs, 2g - fiber), Cheese sauce (3g - carbs, 0g - fiber), Doritos (Nacho Cheese) (27g- carbs, 3g-fiber)
2. Chicken Tacos: Fajita chicken (2g - carbs, 0g - fiber), Shredded cheese (1g - carbs, 0g - fiber) & 6" Tortillas (2) (28g- carbs, 2g-fiber)
3. Beef Nachos - Taco beef (5g - carbs, 2g - fiber), Cheese sauce (3g - carbs, 0g - fiber), Tortilla chips (20g- carbs, 2g-fiber)
4. Burrito Bowl - Taco beef (5g - carbs, 2g - fiber) , Cheese sauce (3g - carbs, 0g - fiber), Cilantro rice (27g - carbs, 1g - fiber), Fritos (12g- carbs, 1g-fiber)

Taco Stick (32g- carbs, 4g - fiber)

Breakfast Sandwich: English Muffin (21g- carbs, 2g-fiber), Egg Patty (1g - carbs, 0g - fiber),

Sausage Patty (1g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber)

Hotdog: Hotdog (1g- carbs, 0g-fiber), Bun (19g- carbs, 2g-fiber)

Calzone (28g- carbs, 3g-fiber)

Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Sub Bun (28g - carbs, 3g - fiber) OR Tortilla (34g- carbs, 1g-fiber)

Wednesday's:

1. General Tso's (25g- carbs, 1g-fiber) w/ Fried Rice (35g - carbs, 2g - fiber) & Fortune Cookie (16g- carbs, 0g-fiber)
2. French Toast Sticks (42g - carbs, 4g - fiber) w/ Sausage Patty (1g - carbs, 0g - fiber)
3. Korean BBQ (14g- carbs, 0g-fiber) w/ Fried Rice (35g - carbs, 2g - fiber) & Fortune Cookie (16g- carbs, 0g-fiber)
4. Mini Corndogs (22g - carbs, 2g - fiber)

Chicken Tenders (15g - carbs, 1.5g - fiber) w/ Dinner Roll (23g- carbs, 1g-fiber)

Chicken Flatbread sandwich: Diced Chicken (1g - carbs, 0g - fiber), Shredded cheese (1g - carbs, 0g - fiber), Flatbread (2g - carbs, <1 g - fiber)

Fiesta Pizza (28g - carbs, 3g - fiber)

Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Sub Bun (28g - carbs, 3g - fiber) OR Tortilla (34g - carbs, 1g - fiber)

Thursday's:

1. Mac N Cheese (27.44g - carbs, 0.9g - fiber) w/ Mini Texas Toast (12g - carbs, 1g - fiber)
2. Spaghetti w/ Meatsauce (10g - carbs, 0g - fiber) and Mini Texas Toast (12g - carbs, 1g - fiber)
3. The Bowl: Popcorn Chicken (15g - carbs, 2g - fiber), Mashed Potatoes (20g - carbs, 2g - fiber), Corn (15g - carbs, 2g - fiber), Gravy (4g - carbs, 0g - fiber), Shredded Cheese (1g - carbs, 0g - fiber)
4. Baked Potato Bar: Potato (24g - carbs, 4g - fiber), Chili (15g - carbs, 4g - fiber) OR Cheese Sauce (3g - carbs, 0g - fiber) & Dinner Roll (23g - carbs, 1g - fiber)

Cheeseburger: Hamburger Patty (0g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Bun (19g - carbs, 2g - fiber)

Bosco Sticks (36g - carbs, 4g - fiber)

Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Sub Bun (28g - carbs, 3g - fiber) OR Tortilla (34g - carbs, 1g - fiber)

Friday's:

1. Detroit Style Pizza (44g - carbs, 1g - fiber)
2. Chicken Nuggets (16g - carbs, 3g - fiber) w/ Dinner Roll (23g - carbs, 1g - fiber) & Pasta (42g - carbs, 2g - fiber)
3. French Bread Pizza, Cheese: (29g - carbs, 2g - fiber) OR Pepperoni: (32g - carbs, 3g - fiber) & Cookie (30g - carbs, 1g - fiber)
4. Mini Calzonettes (39g - carbs, 4g - fiber) & Cookie (30g - carbs, 1g - fiber)

Soft Pretzel (78g - carbs, 2g - fiber) w/ Cheese cup (13g - carbs, 0g - fiber)

Chicken Sandwich: Chicken Patty (16g - carbs, 2g - fiber), Bun (19g - carbs, 2g - fiber)

Calzone (28g - carbs, 3g - fiber)

Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Sub Bun (28g - carbs, 3g - fiber) OR Tortilla (34g - carbs, 1g - fiber)

Daily Grab N Go's:

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 (5g - carbs, 0g - fiber), shredded cheese (1g - carbs, 0g - fiber) and Croutons (9g - carbs, 1g - fiber)

PB&J plate - PB&J (64g - carbs, 7g - fiber), Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber)

Nacho plate - Chips (36g - carbs, 3g - fiber), cheese cup (13g - 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)

Parfait: Yogurt (13g- carbs, 0g-fiber) w/ Granola (50g - Carbs, 10g - Fiber)

Charcuterie board plate - deli meat (5g - carbs, 0g - fiber) & cheese slice (2g - carbs, 0g - fiber), naan bites (5) (23g - carbs, 2g - fiber), Apple Slices (15g - carbs, 2g - fiber), Baby Carrots (1g - carbs, 0g - fiber)

Additional Entrees (Limited Availability)

Lunchable Kit (Pizza) (41g - carbs, 4g - fiber)

Lunchable Kit (Turkey & Cheese) (41g - carbs, 1g - fiber)

Lunchable Kit (Ham & Cheese) (39g - carbs, 3g - fiber)

Weekly fruits:

- Apples (15g - carbs, 3g - fiber)
- Apple slices (15g - carbs, 2g - fiber)
- Applesauce (24g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)
- Blueberries (10g - carbs, 2g - fiber)
- Craisins (27g - carbs, 2g - fiber)
- Grapes (29g - carbs, 1g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Pears, Whole (25g - carbs, 5g - fiber)
- Pears, Sliced (15g - carbs, 2g - fiber)
- Peaches, Sliced (16g - carbs, 1g - fiber)
- Pineapple (13g - carbs, 1g - fiber)
- Plums (8g - carbs, 1g - fiber)
- Sour raisins (29g - carbs, 2g - fiber)
- Strawberries (12g - carbs, 3g - fiber)
- Watermelon (11g - carbs, 1g - fiber)

Weekly vegetables:

- Baby Carrots (1g - carbs, 0g - fiber)
- Baked Beans (30g - carbs, 5g - fiber)
- Black Beans (23g - carbs, 6g - fiber)
- Broccoli (3g - carbs, 1g - fiber)
- Carrots (7g - carbs, 2g - fiber)
- Cauliflower (5g - carbs, 2g - fiber)
- Celery (1g - carbs, <1g - fiber)
- Corn (10g - carbs, 1g - fiber)
- Cucumbers (2g - carbs, 0g - fiber)
- Green Beans (11g - carbs, 5g - fiber)
- Harvest Blend Vegetables (9g - carbs, 2g - fiber)
- Oriental Vegetables (8g - carbs, 2g - fiber)
- Diced Onions (9g - carbs, 2g - fiber)
- Onion Rings (26g - carbs, 1g - fiber)

- PACO Blend Vegetables (11g - carbs, 2g - fiber)
- Peas (12g - carbs, 2g - fiber)
- Peppers (6g - carbs, 2g - fiber)
- Potato (Fries - Ranch Flavored) (17g - carbs, 2g - fiber)
- Potato (Hashbrown) (33g - carbs, 3g - fiber)
- Potato (Sweet Potato Tater Tot) (23g - carbs, 2g - fiber)
- Potato (Cheesy potato casserole) (20g - carbs, 1g - fiber)
- Tomatoes (2g - carbs, <1g - fiber)
- Salad (3g - carbs, 1g - fiber)

Weekly Condiments (for a 2 TBSP equivalent)

Ketchup (5g - carbs, 0g - fiber)
 Mustard (0g - carbs, 0g - fiber)
 Mayo (0g - carbs, 0g - fiber)
 Ranch (2g - carbs, 0g - fiber)
 BBQ Sauce (12g - carbs, 0g - fiber)
 Honey Mustard (5g - carbs, 0g - fiber)
 Italian Dressing (2g - carbs, 0g - fiber)
 French Dressing (13g - carbs, 0g - fiber)
 Sour Cream (Tuesday's Only) (1g - carbs, 0g - fiber)
 Syrup (Breakfast Meals only) (26g - carbs, 0g - fiber)
 Cream Cheese Cup (Bagel only) (2g - carbs, 0g - fiber)

Breakfast Main Entrees

Yeast donut ring w/ icing & sprinkles (58g - carbs, 3g - fiber)
Egg Bites (4g - carbs, 0g - fiber) & Muffin (24g - Carbs, 4g - Fiber)
Breakfast Pizza Bagel (23g - carbs, 2g - fiber)
Cini Mini (41g - carbs, 3g - fiber)
Pancake Sausage Sandwich (16g - carbs, 1g - fiber)
Cheese Omelet (1g - carbs, 0g - fiber) & Biscuit (12g- carbs, 1g-fiber)
Smoothie (Yogurt (13g - carbs, 0g - fiber) , Milk, Fruit) w/ Granola Bar (17g - carbs, 1g - fiber)
Breakfast burrito (24g - carbs, 3g - fiber)
Bagel - Plain (41g - Carbs, 1g - Fiber)
 - Blueberry (42g - Carbs, 1g - Fiber)
Maple Pancake Sausage Corndog (18g - carbs, 2g - fiber)
Scrambled eggs (3g - carbs, 0g - fiber) w/Potato (Hashbrown) (33g - carbs, 3g - fiber)
Parfait:Yogurt (13g- carbs, 0g-fiber) w/ Granola (50g - Carbs, 10g - Fiber)
Breakfast Hot Pocket (23g - carbs, 1g - fiber)
Strawberry Bagelstick (42g - carbs, 2g - fiber)
Breakfast Egg Roll (21g - carbs, 2g - fiber)
Breakfast Sandwich: English Muffin(21g- carbs, 2g-fiber), Egg Patty (1g - carbs, 0g - fiber),
Sausage Patty (1g - carbs, 0g - fiber), Cheese slice (2g - carbs, 0g - fiber)

Everyday Options

Assorted cereal

- Lucky Charms (47g - carbs, 4g - fiber)
- Cinnamon Toast Crunch (44g - carbs, 7g - fiber)
- Cocoa Puffs (47g - carbs, 3g - fiber)
- Cheerios - Honey Nut (42g - carbs, 6g - fiber)

Poptarts

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

Assorted bars

- Benefit bars

- Oatmeal Chocolate (47g - carbs, 3g - fiber)
- Banana chocolate chip (47g - carbs, 3g - fiber)
- Celebration (47g - carbs, 3g - fiber)
- Cocoa Chip (46g - carbs, 4g - fiber)

- Zee Zee

- Cocoa Cherry (33g - carbs, 2g - fiber)
- Cinnamon (24g - carbs, 1g - fiber)

w/ Gogurt (23g - 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 (21g - carbs, 0g - fiber)
- Orange (14g - carbs, 0g - fiber)
- Grape (19g - carbs, 0g - fiber)
- Fruit Punch (14g - carbs, 0g - fiber)