



BEVERAGES	Carbohydrates g	Sodium mg
Milk, White 1 %	11	120
Milk, Chocolate NonFat	19	210
Milk, Strawberry NonFat	22	
Juice, Apple	14	5
Juice, Fruit Punch	15	13
Juice, Orange Tangerine	15	25
Juice, Strawberry Kiwi	14	5

ENTREES	Carbohydrates g	Sodium mg
All Beef Hot Dog	29	605
Baked Chicken Nuggets	16	400
Baked Chicken Sandwich	41	550
Baked Chicken Strips	16	390
Baked Penne Pasta	51	
Baked Potato no cheese	28	15
Baked Potato with Cheese	37	545
Beef Burrito	58.5	
Bento Box (Cheese Cubes, Egg, Crackers, & Grapes)	47	350
BBQ Chicken (no rice)	12	190
BBQ Chicken with Rice	48	777

BBQ Rib Sandwich	42	
BLT Sandwich	33	
Bosco Sticks (2 each)	34	440
Breakfast Sandwich	34	
Chicken Cordon Blue Sandwich	30	
Cheese Enchilada	24	460
Cheese Filled Bosco Sticks	28	280
Cheese Stuffed Breadsticks (Beacon St)	30	500
Chef Salad	14.5	
Chicken Bacon Ranch Wrap/Sub	34	
Chicken Caesar Wrap	34.50	
Chicken Caesar Salad	6.5	
Chicken Fajitas	29	
Chicken Drumsticks (1 each)	6	530
Chicken Patty Sandwich	44	670
Chicken Enchiladas	56 -60	
Chicken Burrito	54.2	
Chicken Nachos	27	
Chicken Parm Slider	26	
Chicken Salad Sandwich	29.5	
Chicken Slider Sandwich	33	
Chicken Stir Fry	40	
Chicken & Cheese Quesadilla	34	
Chili Cheese Hot Dog	38.25	
Chicken Tenders	16	710
Classic MmmBurger w. Cheese	28	345
Classic MmmBurger w/o Cheese	27	205
Crispy Chicken Salad	19.5	
Crispy Chicken Wrap	48.50	
Bacon Cheese Burger	31	
Cobb Salad	10	
Corn Dogs Mini (5 each)	25	

Corn Dog on a Stick	27	700
Crispy Chicken & Cheddar Biscuit	40	
Crispy Chicken Tenders	16	
Deli Club Sandwich	33.50	
Fish Sandwich	44	810
French Bread Cheesy Pizza	33	380
French Toast	26	
French Toast, Mini Bites	25	
French Toast, Mini Chocolate Chip Bites	35	260
French Toast Sticks	25	
General Tso Chicken	78	520
Grilled Cheese Please!	42	
Grilled Chicken Sandwich	30	
Grilled Ham & Cheese	45	
Italian Sub	37.50	
Italian Pasta Salad	48	
Ham & Cheese Sub	34	
Ham & Cheese Wrap	34	
House Black Bean Burger	32	
Luigis Beef n' Cheese Ravioli	41	
Luigis Cheese Ravioli	43	
Mashed Potato Bowl	40.5	
Meatball Sub Shop	48	
Nachos, Meat	23	360
Nachos, Cheese	26	600
Quesadilla, 3 Cheese	21	560
Quesadilla, Chicken	21	
Quesadilla, Veggie	23	890
Pancakes Buttermilk w/ Sausage	45	1010
Pasta, Plain	32	
Pasta, Baked Mostaccioli	36	
Pasta, Beefy Mac N' Cheese	34	

Pasta, Cheese Lasagna	28	
Pasta, Chili Mac	36	
Pasta, Creamy Chicken Alfredo	36	470
Pasta, Mac N' Cheese	28	780
Pasta w. Alfredo Sauce	36	
Pasta w. Meat Sauce	34	464
Pasta w. Marinara Sauce	34	360
Pasta w. Meatballs	36	550
Pasta 3 Cheese Cavatappi	42	180
Pepperoni Bosco Stick	30	510
Pizza, Cheese	33	548
Pizza, Cheese Deep Dish	32	548
Pizza, Pepperoni	33	585
Pizza, Sausage	34	
Pizza, Veggie	36	
Popcorn Chicken	14	350
Pulled Pork Sandwich BBQ	35	
Orange Chicken w/ Rice	102	415
Ranch Pasta Salad	47	
Salami Sub	30.5 - 34.5	
Signature Cheese Calzone	34	
Sloppy Joe Sandwich	29	1050
Spicy Chicken Patty Sandwich	45	630
Soybutter & Jelly Sandwich	28	220
SunButter and Jelly Sandwich	42	310
Sweet N Sour Chicken	67	510
Tofu Sandwich	28	
Tofu Strips	9	
Tuna Melt	27	625
Turkey Sausage	1	450
Turkey Sub	43	780
Turkey & Cheese Sub	37	
Turkey Club Sandwich	34	

Turkey & Cheese Wrap	37	
Turkey Taco Tuesday!	38	500
Veg Baked Potato	36	
Vegetarian Nachos w. Rice & Beans	49	
Vegetarian Stir Fry	42	750
Veggie Bowl w. Spanish Rice & Beans	45	590
Veggie Burger	28	
Waffles	31	350
Whole Grain Pancakes	28	320
Whole Grain Mini Confetti Pancakes	36	300

SIDE	Carbohydrates g	Sodium mg
Breadstick	23	
Brown Rice	36	
Dinner Roll	14	

FRUIT	Carbohydrates g	Sodium mg
Apple	19	
Apple Slices Cinnamon Sugar	17	
Applesauce, Plain	22	
Applesauce, Strawberry	17	0
Orange	21	
Banana	27	
Pineapple	13	
Frozen Strawberries	13	
Cantaloupe	12	
Honeydew	12	
Grapes	23	
Peach	14	
Pear	28	
Plum	8	
Watermelon	21	
Mixed Fruit	18	

Raisins	31	10
Cranberries	66	0
Frozen Peach Cup	21	0
Frozen Strawberry Cup	21	1
Frozen Mixed Berry Cup	20	0
Frozen Blueberries	9	1

VEGETABLES	Carbohydrates g	Sodium mg
Baby Carrots, Fresh	6	90
Black Beans	20	360
Broccoli, Fresh	3	
Broccoli, Steamed	3	15
Cauliflower, Steamed	3	
Celery, Fresh	5	80
Cherry Tomatoes, Fresh	1	
Corn, Steamed	18	
Cucumbers, Fresh	2	
Green Beans, Steamed	4	
Green Peas, Steamed	11	
Mixed Veggies, Steamed	12	
Potatoes, Curly Fries	19	
Potatoes, Crinkle Cut	26	40
Potatoes, Hash Brown	15	
Potatoes, Mashed	17	
Potatoes, Tator Tots	16	310
Squash, Steamed	4.79	
Vegetable Medley, Steamed	3	
Waffle Fries, Seasoned	20	340
Zucchini, Steamed	4	

	Carbohydrates g	Sodium mg
Animal Crackers	22	
Apple Bosco Stick	38	170

Bagel	28	
Berry Crunch Cereal Bar	43	110
Betty Crocker Oatmeal Bar Choc Chip/Double Choc Chip	24-25	105-110
Blueberry Bread	26	105
Blueberry Lemon Bites	21	70
Breakfast Bars	23-30	70-75
Breakfast Pizza Egg/Bacon	22	340
Breakfast Pizza Sausage/Turkey	27-31	340-350
Cereal Bowl	22-26	120-180
Cereal Bowl, Golden Grahams	34	300
Cereal Bowl, Kix	14	100
Cream Cheese Filled Bagel Cinn/Strwbry	42	190
Donut Cinnamon Sugar	27	280
Dutch Waffle	43	350
Egg & Cheese Bosco Stick	17	340
English Muffin	22	
Cinnamon Bun	40	280
French Toast Sticks Reg/Cinnamon	23-26	270-290
Frudel Apple	36	250
Frudel Cherry	37	260
Goldfish Cheddar Crackers	14	170
Goldfish Giant Graham Crackers	19	115-140
Goldfish Graham, French Toast	21	140
Cheddar Cheese Stick	1	190
Mozzarella String Cheese	1	180
Mini Cinni	40	270
Muffin, Blueberry	25	270
Muffin, Chocolate Chip	29	95
Nutri-Grain Bar Apple	30	135
Nutri- Grain Bar Strawberry	30	150
Pancake on a Stick	18	370

Pop Tart	37-38	180-200
Scooby Doo Sticks	21	115
Oatmeal Bar Chocolate Chip	25	105
Oatmeal Bar Double Chocolate Chip	24	110
Teddy Cinnamon Grahams	16	0
Waffles Maple	35	220
Yogurt Cup	19	55
Yogurt, Cup-Trix	15	65
Go-Gurt	28	75

CONDIMENTS	Carbohydrates g	Sodium mg
BBQ Sauce (1 oz)	14	440
Ceasar Dressing Packet	1	400
Cream Cheese	1	95
Ketchup (1 oz)	3	150
Hot Sauce (1 oz)	0	900
Jelly	6	0
Italian Dressing Packet (12 gm)	2	55
Marinara Sauce (2 oz)	7	255
Mayo	1	60
Mustard	0	70
Ranch Dressing	3	180
Salsa	2	
Sour Cream	1	15
Syrup (1 oz)	27.5	30
Tater Sauce (12 gm)	3	100