

**MENU ITEM LISTING**

**2023/2024 PG.1**

ITEM	SERVING SIZE	CARB g	PROTEIN g	
Hamburger	1 each	26g	20g	
Hamburger (JH)	1 each	26g	23g	
Cheeseburger	1 each	27g	23g	
Cheeseburger (JH)	1 each	27g	26g	
Chicken Patty Sandwich	1 each	42g	22g	
Spicy Chicken Patty Sandwich	1 each	35g	25g	
**Rib Patty Sandwich	1 each	50g	28g	
Hot Dog	1 each	29g	12g	
Meatball Sub	1 each	40g	21g	
Grilled Cheese Sandwich	1 each	28g	8g	
WOW Butter/Grape Jelly Sandwich	1 each	47g	9g	
WOW Butter/Strawberry Jam Sandwich	1 each	47g	9g	
Diced BBQ Chicken Sandwich	1 each	44g	25g	
Lunchable Cheese Pizza	1 each	32g	14g	
Lunchable Turkey Pepperoni Pizza	1 each	33g	20g	
**Lunchable Ham/Cheese	1 each	30g	21g	
Lunchable Turkey/Cheese	1 each	27g	23g	
Chicken Tacos	2 tacos	30g	29g	
Beef Tacos	2 tacos	29g	31g	
Chicken Burrito	1 each	34g	29g	
Beef Burrito	1 each	33g	31g	
Chicken Nachos	1 each	30g	23g	
Beef Nachos	1 each	29g	25g	
Macaroni & Cheese	6 oz	33g	19g	
Rotini Pasta w/Marinara	1 Cup Cooked	53g	9g	
Rotini Pasta w/Marinara & Meatballs	1 Cup Cooked	61g	23g	
Rotini Pasta Alfredo	1 Cup Cooked	48g	19g	
Rotini Pasta Alfredo w/Chicken	1 Cup Cooked	49g	38g	
Rotini Pasta Alfredo w/Broccoli	1 Cup Cooked	51g	21g	
Bow Tie Pasta w/Marinara	1 Cup Cooked	55g	9g	
Bow Tie Pasta w/Marinara & Meatballs	1 Cup Cooked	63g	23g	
Bow Tie Pasta Alfredo	1 Cup Cooked	50g	19g	
Bow Tie Pasta Alfredo w/Chicken	1 Cup Cooked	51g	38g	
Bow Tie Pasta Alfredo w/Broccoli	1 Cup Cooked	53g	21g	
Penne Pasta w/Marinara	1 Cup Cooked	55g	9g	
Penne Pasta w/Marinara & Meatballs	1 Cup Cooked	63g	23g	
Penne Pasta Alfredo	1 Cup Cooked	50g	19g	
Penne Pasta Alfredo w/Chicken	1 Cup Cooked	51g	38g	
Penne Pasta Alfredo w/Broccoli	1 Cup Cooked	53g	21g	
Cavatappi Pasta w/Marinara	1 Cup Cooked	55g	9g	
Cavatappi Pasta w/Marinara & Meatballs	1 Cup Cooked	63g	23g	
Cavatappi Pasta Alfredo	1 Cup Cooked	50g	19g	
Cavatappi Pasta Alfredo w/Chicken	1 Cup Cooked	51g	38g	
Cavatappi Pasta Alfredo w/Broccoli	1 Cup Cooked	53g	21g	

**MENU ITEM LISTING**

**2023/2024 PG.2**

<b>ITEM</b>	<b>SERVING SIZE</b>	<b>CARB g</b>	<b>PROTEIN g</b>	
Turkey & Cheese Sub	1 each	30g	24g	
Deluxe Turkey & Cheese Sub	1 each	34g	26g	
**Ham & Cheese Sub	1 each	33g	22g	
**Deluxe Ham & Cheese Sub	1 each	37g	24g	
Turkey & Cheese Sandwich	1 each	28g	20g	
Deluxe Turkey & Cheese Sandwich	1 each	32g	22g	
**Ham & Cheese Sandwich	1 each	31g	18g	
**Deluxe Ham & Cheese Sandwich	1 each	35g	20g	
BLT Sandwich	1 each	30g	12g	
Turkey/Turkey Bacon/Cheese Sub	1 each	34g	29g	
Caesar Wrap	1 each	36g	7g	
Grilled Chicken Caesar Wrap	1 each	37g	20g	
Crispy Chicken Caesar Wrap	1 each	44g	17g	
Buffalo/Ranch Grilled Chicken Wrap	1 each	38g	24g	
Buffalo/Ranch Crispy Chicken Wrap	1 each	45g	21g	
Turkey & Turkey Bacon Ranch Wrap	1 each	37g	17g	
Ranch Grilled Chicken Wrap	1 each	38g	25g	
Ranch Crispy Chicken Wrap	1 each	45g	22g	
BBQ Grilled Chicken Wrap	1 each	51g	24g	
BBQ Crispy Chicken Wrap	1 each	58g	21g	
Turkey Pepperoni Pizza Wrap	1 each	39g	18g	
Turkey/Cheese Wrap	1 each	34g	22g	
**Ham/Cheese Wrap	1 each	37g	20g	
Chicken Tender Wrap	1 each	41g	20g	
Cherry Yogurt Cup	1 each	15g	4g	
Raspberry Yogurt Cup	1 each	15g	4g	
Strawberry/Banana Yogurt Cup	1 each	15g	4g	
Strawberry Parfait	1 each	25g	3g	
Blueberry Parfait	1 each	26g	3g	
Granola Served on the side for Parfaits	2 oz	19g	2g	
Rainbow Rotini Pasta Salad	1 Cup	28g	12g	
Caesar Salad	1 each	4g	4g	
Caesar Salad w/Grilled Chicken	1 each	6g	30g	
Caesar Salad w/Crispy Chicken	1 each	16g	19g	
Garden Vegetable Salad	1 each	12g	10g	
Garden Vegetable Salad w/Grilled Ckn	1 each	14g	36g	
Garden Vegetable Salad w/Crispy Ckn	1 each	24g	25g	
Turkey Chopped Salad	1 each	13g	19g	
Chicken Chopped Salad	1 each	10g	20g	
Chef Salad	1 each	10g	18g	
Small Garden Salad (K-4)	1 each	6g	2g	
Croutons served on the side	4 oz	14g	3g	
Assorted Dressings for Salads on the side	1 pkt	See packet of choice for details		

**MENU ITEM LISTING**

**2023/2024 PG.3**

<b>ITEM</b>	<b>SERVING SIZE</b>	<b>CARB g</b>	<b>PROTEIN g</b>	
Chicken & Waffles	1 each	44g	15g	
Popcorn Chicken	10 each	17g	19g	
Chicken Nuggets	5 each	13g	15g	
Chicken Sticks	7 each	14g	13g	
Chicken Tenders	3 each	16g	15g	
Breaded Chicken Leg	1 each	6g	19g	
Corn Dog	1 each	30g	9g	
Mini Corn Dogs	4 each	20g	7g	
Bosco Sticks	2 each	34g	20g	
Bosco Sticks (JH)	2 each	54g	24g	
Cheese Pizza	1 each	32g	15g	
Fr. Bread Cheese Pizza	1 each	23g	12g	
Individual Cheese Pizza	1 each	29g	15g	
Stuffed Crust Cheese Pizza	1 each	35g	15g	
Fr. Bread Pepperoni Pizza	1 each	33g	17g	
Stuffed Crust Pepperoni Pizza	1 each	35g	17g	
Turkey Sausage Pizza	1 each	33g	16g	
Breakfast Bagel Pizza	1 each	23g	10g	
Mexican Pizza	1 each	39g	17g	
Bacon/Egg Pizza	1 each	23g	14g	
Belgian Waffle Maple	1 each	33g	5g	
Belgian Waffle Blueberry	1 each	33g	5g	
Mini Maple Waffles	1 pkg	35g	5g	
Confetti Pancakes	1 pkg	36g	4g	
Maple Pancakes	1 pkg	35g	4g	
Choc Chip French Toast	1 pkg	37g	5g	
French Toast Sticks	1 pkg	25g	6g	
Emoji Waffles	2 each	29g	4g	
French Toast Bites	6 each	38g	4g	
Pancake/Sausage Stick	1 each	17g	7g	
Mini Pancake/Sausage Bites	3 each	15g	6g	
Turkey Sausage Links	3 each	1g	11g	
Turkey Sausage Patties	1 each	1g	8g	
Regular Waffle Fries	3 oz	20g	2g	
Tater Tots	9 each	16g	1g	
Smiley Potatoes	5 each	25g	2g	
Hash Brown	1 each	13g	1g	
Potato Wedges	3 oz	18g	2g	
Curly Fries	3 oz	32g	7g	
Sweet Potato Fries	3 oz	25g	1g	
Sweet Potato Waffle Fries	3 oz	24g	1g	
Mashed Potatoes	4 oz	21g	2g	
Mini Cinnamon Roll w/icing	1 each	25g	3g	
Big Cinnamon Roll (JH) w/icing	1 each	42g	6g	

**MENU ITEM LISTING**

**2023/2024 PG.4**

<b>ITEM</b>	<b>SERVING SIZE</b>	<b>CARB g</b>	<b>PROTEIN g</b>	
Soft Pretzel w/Cheese Cup	1 each	41g	7g	
Soft Pretzel w/Cheese Cup (JH)	1 each	85g	13g	
Dinner Roll	1 each	13g	3g	
Breadstick	1 each	26g	5g	
Choc Chip Cookie	1 each	18g	2g	
Choc Chip Cookie (JH)	1 each	27g	2g	
Carnival Cookie	1 each	18g	1g	
Carnival Cookie (JH)	1 each	27g	2g	
Sugar Cookie	1 each	17g	1g	
Churro	1 each	8g	0.5g	
Churro (JH)	1 each	15g	1g	
Rice Krispie Treat	1 each	8g	1g	
Scooby Grahams	1 pkg	21g	2g	
Bug Bite Grahams	1 pkg	21g	2g	
Teddy Grahams	1 pkg	16g	1g	
Animal Crackers	1 pkg	22g	2g	
Choc Chip Gripz	1 pkg	21g	2g	
Rainbow Goldfish	1 pkg	14g	2g	
Cheddar Goldfish	1 pkg	13g	2g	
Pretzel Goldfish	1 pkg	16g	2g	
Graham Goldfish	1 pkg	19g	2g	
Heartzels	1 pkg	16g	2g	
Cheez-its	1 pkg	14g	2g	
Dick/Jane Cookies	1 pkg	22g	2g	
Fruit Roll-up	1 each	11g	0g	
Fruit Snacks	1 pkg	21g	0g	
Baked Plain Chips	1 bag	19g	2g	
Baked BBQ Chips	1 bag	19g	2g	
Cheetos Crunchy	1 bag	16g	2g	
Doritos	1 bag	20g	2g	
Veggie Crisp Crackers	1 bag	18g	2g	
Slushy	1 each	23g	0g	
Cheese Stick	1 each	1g	7g	
Roasted Red Pepper Hummus Box	1 box	43g	17g	
Vegetable Snack Box	1 box	26g	12g	
Fresh Fruit Snack Box	1 box	30g	10g	
Lucky Charms	1 each	23g	2g	
Lucky Charms (JH)	1 each	46g	5g	
Cinnamon Toast Crunch	1 each	22g	1g	
Cinnamon Toast Crunch (JH)	1 each	44g	3g	
Cocoa Puffs	1 each	25g	2g	
Cocoa Puffs (JH)	1 each	47g	3g	
Trix	1 each	24g	1g	
Trix (JH)	1 each	47g	3g	