

Nutrition Information for Lunch Items

Allergen Information for Lunch Menu Items

Lunch Item	Serving Size	Sodium (mg)	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Fiber (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten Free
Asian Rice Bowls																		
Beef Terriyaki Dipper w/Rice	4 dippers, 1/2 cup rice	440	240	16	24	4	9	4	2	X	X					X	X	
Bibimbap (Korean Rice Bowl)	3.5 oz meat mix, 1 egg, 1 cup rice	574	569	35	63	7	19	5	4		X					X		
Bokkeum (Korean Spicy Pork)	4 oz mix, 1 cup rice	789	173	16	16	10	4	1	1							X		
Lemon Chicken over Rice	3.6oz chicken mix, 1/2 cup rice	200	230	13	37	10	4	1	1									
Mandarin Orange Chicken on Rice	3.6oz chicken mix, 1/2 cup rice	280	230	13	37	10	4	1	1		X			0		X	X	
Terriyaki Chicken over Rice	2.4 oz Chicken, 1/2 cup rice	370	123	10	19	1	8	1	0		X					X	X	
Shaved Beef & Broccoli	4 oz beef/broc, 1/2 cup rice	957	291	19	34	4	9	3	4							X		
Singapore Curry Vermicelli	6 oz scoop	1131	372	19	59	8	6	2	4							X		
Baked Potato Bar w/Chili & WG Roll	1 med potato, 6oz chili, 1 roll	461	419	14	83	10	5	0	11		X					X	X	
BBQ Grilled Chicken Sandwich	1 grilled chicken, 1 bun	390	220	26	22	2	4	0	2									X
BBQ Pulled Pork on WW Bun	2.35 oz meat, .5 tbs bbq sauce, 1 bun	403	218	20	27	6	3	1	2									X
BBQ Rib Sandwich (Spartan Burger)	1 patty, 1 hoagie, .25 oz moz cheese	593	353	22	39	11	13	5	5	X						X	X	
Bean & Cheese Burrito w/Salsa	1 burrito, 1.5oz salsa	504	265	16	20	1	13	6	4	X						X	X	
Beef Bourguignon	4 oz beef mixture	638	458	20	14	0	29	11	3									X
Beef Taco	2 tacos	572	269	19	17	0	14	6	3	X								X
BIG DADDY'S ASSORTED PIZZA - Cheese	1/10 cut	135	360	18.5	35	1	15.5	7.5	4	X						X	X	
BIG DADDY'S ASSORTED PIZZA - Pepperoni	1/10 cut	564	368	20	35	6	17	7	3	X						X	X	
Breaded Chicken Drumstick w/WG Roll	1 & 1 roll	750	370	23	34	6	17	3	4									X
Breakfast Burrito w/Hashbrowns	1 burrito, .5cup hashbrowns	490	327	11	38	1	16	4	4	X	X					X	X	
Burger on WW Bun	1 patty, 1 bun	430	270	17	23	2	12	5	2									X
Cheeseburger on WW Bun	1 patty, 1 bun, .5 slice cheese	490	295	19	23	2	14	6	2	X								X
Cheeseburger Sliders	2 sliders	620	320	20	33	3	11	5	2	X						X	X	
Cheese Stuffed Bread Sticks w/Marinara	2 sticks, 3oz marinara	685	325	20	35	7	11	6	3	X	X					X	X	
Chicken Alfredo Pasta w/garlic bread	1 serv	838	351	22	37	3	14	6	4	X						X	X	
Chicken Burger on WG Bun	1 patty, 1 bun	610	360	20	38	3	15	3	5							X	X	
Chicken Enchiladas	2 each	925	400	19	42	3	19	7	2	X								X
Chicken Fajitas	2 6in-tortillas, 1 cup chicken, veg mix.	829	212	11	18	3	9	2	2									X
Chicken Nuggets w/ WG Breading	5	440	240	14	16	1	14	2.5	3							X	X	
Chicken Quesadilla	1 tortilla, 1 oz shredded chicken, 1 oz shredded cheese	470	320	19	28	1	15	8	3	X								X
Chicken Parmesan Sandwich	1 breaded patty, 1 bun, 1oz marinara, .5oz shredded cheese	705	413	23	40	4	19	3	5	X								X
Chicken Ranch Wrap	1 10" tortilla, 1 chicken patty, 1/4 cup lettuce, .5 oz ranch, .5oz cheese	809	455	22	43	2	22	7	6									
Chicken Tenders	3-1.4oz or 2-2.07oz	270	160	13	8	2	8	1.5	1									X
Chicken Tacos	1 tortilla, 2.45 chicken, .5oz shredded cheese	618	266	17	28	2	10	6	3	X								X
Chili Cheese Fries (Elem)	3oz of fries, 3oz of chili, 3oz cheese sauce	550	304	12	35	1	14	6	3	X								
Chili Cheese Fries (Sec)	3oz of fries, 4oz of chili, 3oz cheese sauce	587	322	13	38	1	14	6	4									
Creole Bison Burger	1 patty, 1 ciabatta roll	630	640	38	49	0	30	11	2	X						X	X	
Crispitos	2	650	340	16	40	2	14	4	1	X						X	X	
Cubano Sandwich	1 roll, 1 oz must, 2 slices ham, 4 slice pickle, 1.25 oz pork, 1 slice cheese	872	299	25	32	5	10	4	4	X								X
Enchiladas w/Beans & Rice	1 burrito, 1/8cup sauce, .5c beans, .5cup rice, .25c cheese	778	589	27	89	2	14	5	13	X						X	X	
Enchiladas w/Verde Salsa	2 flautas, 2 tbs salsa, .5 oz cheese	975	405	19	42	3	19	7	2									
Fish & Chips	4 fish nuggets, 3 oz fries	278	340	16	41	1	13	2	3									
Fishwich w/cheese on WW Bun	1 fish, 1 bun, 1/2 slice cheese	510	325	22	36	2	11	3	4	X				X				X
French Bread Pizza	1	550	340	19.0	29	3	16	8	2	X				X				X
French Dip	1 hoagie, 2.86oz meat, 1/2 cup aj jus	629	303	20	33	6	10	4	4									
Galaxy Pizza	1	410	280	15	26	8	12	6	3	X						X	X	
Garlic Cheese Bread	1 serv	447	368	20	28	0	19	8	2	X						X	X	
Grilled Cheese Sandwich	1	580	280	19	31	6	10	6	3	X						X	X	
Grilled Cheese Sandwich	1 3.9oz	650	310	16	29	3	15	8	0	X								X
Grilled Chicken Burger on WG Bun	1 fillet, 1 bun, 1 Tbs bbq sauce	535	255	26	31	11	4	0	2							X	X	

Rice	.5 cup	0	80	2	17.5	0	0.75	0	0.5									X
Tomato Soup	.5 cup	390	90	2	18	10	0	0	1									X
Granola (for Parfait)	2 oz	30	220	5	43	15	4.5	0.5	4							X	X	
Birthday Brownie	1	180	160	3	31	17	3.5	1.5	2	X	X					X	X	
Sunflower Seeds	1oz	110	170	6	6	1	14	2	3									X
Cheez-It	1oz	210	140	3	17	0	7	1.5	0	X						X	X	
Goldfish - WG	1 pouch	220	130	3	18	0	5	1	2	X								X
Goldfish - Pretzel	1 pouch	200	90	2	16	0	1.5	0	1	X								X
Lay's Classic Potato Chips	1 bag	85	80	1	8	0	5	0.5	1							X		
PopChips - Sea Salt	1 bag	140	100	1	16	0	3.5	0	1									X
PopChips - BBQ	1 bag	170	100	1	15	2	4	0	0									X
Sun Chips - Cheddar	1 bag	210	140	2	18	2	6	1	2	X								X
Sun Chips - Garden Salsa	1 bag	150	140	2	18	2	6	1	2	X								X
Sun Chips - Original	1 bag	120	18	2	18	2	6	1	3									X
Cheese Stick - Yellow	1	200	110	6	1	0	9	6	0	X								
Cheese Stick - Mozzarella	1	200	60	7	0	0	3	2	0	X								