

Nutritional Information											9/29/2026
Lunch Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*	
Bistro Box	1 each	410	30	27	10	55	850	3	17	D,W	
Crackers	1 bag	200	29	7	0	0	210	3	4	W	
Cheese Cubes	1 oz	90	1	10	6	30	200	0	7	D	
Salami	1 pack	120	0	10	4	25	440	0	6	none	
Bosco Sticks w/Marinara	2 ea/ 1 cup	340	41	11	5	30	640	6	21	D,W	
Bosco Sticks	2 each	300	34	10	5	30	440	4	20	D,W	
Marinara	1 cup	40	7	1	0	0	200	2	1	none	
Burger, Vegan (Beyond Meat)	1 bun/1 vegan patty	450	36	22	6.5	0	580	5	27	W,Sesame	
Burger Bun	1 bun	170	30	2	0.5	0	190	3	7	W,Sesame	
Vegan Patty (Beyond Meat)	1 each	280	6	20	6	0	390	2	20	none	
Burrito, Bean & Cheese	1 each	340	54	8	3.5	5	570	9	14	D,W	
Chicken Tenders	3 each	220	14	7	1.5	65	460	2	22	D,W	
Corn Dogs, Mini	6 each	270	30	12	3.75	45	480	1.5	9	E,S,W	
Hot Dog (Beef)	1 bun/1 hot dog	230	27	8	2.5	25	560	2	14	W	
Beef Hot Dog	1 hot dog	90	0	6	2.5	25	340	0	9	none	
Bun	1 bun	140	27	2	0	0	220	2	5	W	
Mac & Cheese(Rose & Shore)	1 tray (8oz)	340	33	14	8	40	770	4	22	D,W	
Orange Chicken & Rice	3.6oz chx/4 oz rice	247	40	3	0.5	40	282	1	13	E,S,W	
Orange Chicken	3.6oz	150	19	3	0.5	40	280	0	11	E,S,W	
Rice	4oz	97	21	0	0	0	2	1	2	none	
Pasta, Chef Penne w/Meat sauce	6.4oz	340	53	7	2	22	599	4	20	W	
Pizza, Pepperoni	1 slice	370	33	17	9	35	580	3	20	D,W,P	
Quesadilla, Chef Chicken	1 each	478	46	19	10	61	1290	1	27	D,W	
Sandwich, Chicken	1 chicken patty/1 bun	380	49	9	1.5	50	780	3	26	D,W,S,Sesame	
Chicken Patty	1 each	210	19	7	1	50	590	0	19	D,W,S	
Bun	1 bun	170	30	2	0.5	0	190	3	7	W, Sesame	
Tacos, Pork Carnitas	2.7oz pork/2 each	324	33	10	3	57	75	2	21	P,S	
Pork Carnitas	2.7 oz	159	1	8	3	57	61	0	17	P,S	
Corn Tortilla	2 each	165	32	2	0	0	14	2	4	none	
Taquitos, Chicken	2 each	230	17	8	1.5	45	220	2	19	none	
Protein Pack	4oz yogurt/ 1 string cheese/ 1 granola	400	59	11.5	4.5	25	260	4	16	D	
Yogurt	4oz	80	15	0.5	0	5	60	0	4	D	
String Cheese	1 each	80	2	6	4	20	200	0	6	D	
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none	
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none	
Veggie Buffalo Nuggets & Corn Bread (SkyB)	6 nuggets/1 each	470	63	18	2.5	20	555	8	19	D,E,S,W	
Veggie Buffalo Nuggets	6 nuggets	250	27	10	1.5	0	430	6	16	W,S	
Corn Bread, Sky Blue Brand	1 each	220	36	8	1	20	125	2	3	D,E,S,W	
Corn Bread, Buena Vista Brand	1 each	190	33	6	0.5	15	170	1	3	D,E,W	
Munchie Mix	1 pouch	110	18	3.5	0	0	160	2	2	D,W	
Halloween Cracker	1 pouch	120	20	4	0	0	120	1	1	W	
Chef Dippin Sauce	1 tbsp	23	4	0.5	0	0	67	0	0	E	
Chef Salsa Roja	1 tbsp	1	0	0	0	0	65	0	0	none	
Chef Chipotle Crema	1 oz	62	2	5	3.5	20	173	1	1	D	
Chef Caesar Salad	1/2 cup	77	6	5	1	5	181	0	3	D,E,W	
Caesar Salad	1/2 cup	47	1	4	1	5	86	0	2	D, E	
Croutons	1 package	30	5	1	0	0	95	0	1	D, W	
ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, S=Soy Oil, W= Wheat, Pork=P, Sesame											

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

