Nutritional Information

10/28/2026

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	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
Cinnamon Crisps	1 bag	150	25	5	0.5	0	140	2	3	W
Raisels	1 pouch	160	37	0	0	0	5	2	1	none
Sour Raisins	1 pouch	130	30	0	0	0	10	1	1	none
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**

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Nutritional Information

10/28/2026

Breakfast Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Bagel, Breakfast Pizza	1 each	192	23	5.5	3	15	363	2	12	D,W
Bagel w/Cream Cheese	1 ea/1ea	223	36	6	3	20	282	3	9	D,W
Bagel	1 each	163	34	1	0	0	172	3	6	W
Cream Cheese	1 each	60	2	5	3	20	110	0	3	D
Burrito, Chef Steak Egg & Cheese	1 each	509	48	20	10	226	1369	1	25.5	D,E,W
Caramel Mini Cinni	1 each	210	35	6	1	0	280	2	5	D,W
Cinnamon Mega O's	1 pouch	240	23	11	2	5	0	13	14	none
Croissant, Egg & Cheese	1 each	180	19	8	3	65	290	2	9	D,E,W
French Toast Sticks	2 sticks	240	38	7	1	10	260	2	6	D,E,S,W
Pan Dulce	1 each	200	34	6	1.5	5	90	2	5	E,W
Pumpkin Bread	1 each	260	44	8	1.5	0	240	2	5	D,E,S,W
Sandwich, Maple Chicken	1 each	160	17	6	1.5	40	220	1	8	D,E,W
Waffles, Mini Maple	1 pouch	190	36	5	1.5	0	210	4	4	D,E,W
Cereal, Cheerios Honey, 1oz	1 each	110	22	1.5	0	0	170	2	3	none
Cereal, Chex Blueberry, 2oz	1 each	240	46	5	0.5	0	350	1	3	none
Cereal, Cinnamon Toast Crunch, RS, 2oz	1 each	210	44	5	0	0	320	7	3	W
Cereal, Frosted Mini Wheats	1 each	210	50	1.5	0	0	10	6	5	W
Cereal, Lucky Charms, RS, 2oz	1 each	210	45	2.5	0.5	0	440	5	5	none
Cereal, Mega O's Cinnamon Bites 2oz	1 each	240	23	11	2	0	0	13	14	none
Cereal, Raisin Bran, 1oz	1 each	110	28	0.5	0	0	120	4	3	W
Cereal, Trix, 2oz	1 each	220	47	3	0.5	0	320	3	3	none
String Cheese (offered with all bfast meals)	1 each	80	2	6	4	20	200	0	6	D

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