

Menu Item	Carb Count	Allergies	Allergy Legend
			D- Dairy
Entrees			W-Gluten
3-D PB&J	64.5	P,W, S	E- Egg
Cheeseburger	27.4g	W, D, S	P-Peanuts
BBQ chicken Sandwich	28.2g	W, S	F-Fish
Chicken Caesar Salad	6.5g	W, D	SF-Shellfish
Chicken Fries	8.7g	W, N, S, E, D	N-Nuts
Chicken Nuggets	11.2g	W	S-SOY
Grilled Chicken on whole wheat roll	25.2g	W,S	
Grilled Cheese on Whole Wheat	29.7g	D, W, S	
Grilled Hot Dog	23g	W,S	
Hamburger	23g	W, S	
Italian Hoagie	27.4g	W, D,S	
Mac and Cheese	47.2g	W, D, E	
Meatball Sub	44.9g	W, S, E, D	
Nachos with scoops	28.9g	S, D, W	
Pepperoni Pizza	40.2g	W, D, S	
Philly Steak Sandwich	34.4g	W, D,S	
Pizza	37g	W, D, S	
French Bread Pizza	34g	D,W,S	
Popcorn Chicken	18.7g	D, S, W	
Pork Rib Patty Sandwich	41.2g	S, W,	
Roast Turkey w/ WW bread	17.7g	W, S	
Turkey Gravy	3.9g	W,D,S	
Trout Treasures	17g	F, W, S, D, E	
Turkey and Cheese Sandwich	28.4g	S, D, W	
Twin Tacos with Beef, Lettuce and Salsa	22.7	S, D	
Fish Sticks	17g	F,W,S,M	
Cheese Quesadilla	33g	D,W,E,S	
Meatball Marinara Melt	30g	W,S,D	

Pork Rib Bites	6g	S
Chicken and Cheese Quesadilla	31.8g	W, D,S
Cheese omelet	2g	E, D
Sausage patty	1g	
Meatloaf with gravy	5.6g	D, S, W, E
Whole grain chicken patty on WW roll	36g	W, S
Twin Turkey Tacos	21.9g	S,W,D
General Tso's Chicken	47.7g	D,W,S
Sausage egg and cheese Muffin	29.6g	W, D, E,S
Shredded Pork BBQ on WW Roll	46.8g	W, S
Minnie Mouse Salad	2.8g	S,D
Chef Salad	5g	S,D

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<u>Sides</u>		
Apples	14.6g	
Applesauce	32.1g	
Bananas	23.1g	
Broccoli	3.9g	
Carrot Snack Packs	3.7g	
Celery	2.2g	
Corn	23.7g	
Cucumber	2g	
Green Beans	6.5g	
Mandarin Oranges	28.5g	

Mixed Fruit	27.1g	
Romaine Salad	1.7g	
Oranges	11.3g	
Peaches	27.4g	
Pears	28.6g	
Peas	17.1g	
Pineapple Tidbits	29.9g	
Tropical Fruit	30g	
Whole Wheat Bread	11.6g	W
Sweet Potato Fries	29.3g	W
Raspberry Vinaigrette	2.8g	S,
Roasted Potato Cubes	22.67g	W
Baked beans	36.9g	
Black Bean and Corn Salad	24.4g	
Mexican Black Beans	25.2g	S
Mixed Pepper Strips	3.3g	
Refried Beans	25.9g	S
Raisins	31g	
Rice Pudding	29.4g	D,S
Mashed Potatoes	13.9g	D
Spinach Salad	.8g	
1%White Milk	13g	D
FF Chocolate Milk	24g	D
FF Strawberry Milk	23g	D
Fat Free Skim Milk	13g	D

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