



## Primary Lunch Menu

*\*Please note that all salads come with a roll, soft breadstick and/or croutons. Fruit and vegetables are served in half cup portions and students are allowed to take 2 fruits and 2 vegetables. Also fresh fruit is typically medium in size and calorie and carbohydrate calculations are based off a medium size fresh fruit.*

<b>Entrée Food Item</b>	<b>Food Category</b>	<b>Calories</b>	<b>Carbohydrates (g)</b>
Amer/Bacon on Pretzel Bun	Entrée	350	31
American & Turkey On Pretzel Bun	Sand. Hot	299	31
American Shorti	Sand. Cold	332	27
Antipasto	Salad	461	49
Apple/Cranberry/Mozz Sal	Salad	518	17
Asian Chicken w/ Rice	Entrée	360	55
Asian Chicken/WG Noodles	Sand. Cold	349	52
Bacon Cheeseburger	Sand. Hot	380	29
Bacon, Egg Cheese On Bagel	Sand. Hot	312	36
Bacon, Egg Spin Salad	Salad	280	28
Bagel Bag	Grab & Go	300	32
Baked Ziti w/Garlic Toast	Entrée	235	40
BBQ Baked Chicken w/ Corn Muffin	Entrée	665	46
BBQ Sloppy Joe	Sand. Hot	268	34
Big Daddy's Pizza WG	Entrée	340	36
Bloomin Onion Burger	Entrée	372	33
Bloomin Onion Burger	Sand. Hot	372	33
Buffalo Chicken Salad	Salad	231	25
Buffalo Turkey Cheesesteak	Sand. Hot	265	27
Cali Cheeseburger	Sand. Hot	340	31
Cereal, Yogurt, Cheesestick	Grab & Go	329	47
Cheese Ravioli	Entrée	435	58
Cheese steak in a Bread Bowl	Entrée	330	32
Cheeseburger on a Bun	Sand. Hot	340	29
Cheeseburger/Deli Flat	Sand. Hot	290	22
Cheesy Gr. Burger/Deli Flat	Sand. Hot	332	23
Cheesy Mac & Trees w/ Ham & Pineapple	Entrée	305	36
Cheesy Mac & Trees	Entrée	255	27
Chef Salad	Salad	416	56

## Nutri-Serve Food Management Nutritionals

Chicken Caesar Salad	Salad	353	41
Chicken Cheesesteak	Entrée	285	27
Chicken Nuggets w/ Pasta	Entrée	298	30
Chicken Nuggets w/Biscuit	Entrée	350	33
Chicken Nuggets/Breadstick	Entrée	237	25
Chicken Parm Kaiser	Sand. Hot	294	31
Chicken Patty/ WG Bun	Sand. Hot	267	30
Chicken Patty/Deli Flat	Sand. Hot	217	23
Chicken Ranch BLT Wrap	Wrap	354	31
Chicken Salad Sliders	Sand. Cold	303	30
Chicken Salad w/Grapes	Sand. Cold	311	32
Chz Steak on a WG Torpedo	Sand. Hot	294	29
Cold Turkey Reuben	Sand. Cold	342	36
Fiesta Taco Salad	Salad	472	42
Flatbread Pizza- Red	Entrée	370	37
Flatbread Pizza-White	Entrée	310	38
French Bread Pizza	Entrée	300	34
French Toast Sticks w/ Ham	Entrée	254	31
French Toast Sticks w/Saus.	Entrée	470	30
French Toast Sticks w/Sausage	Entrée	470	30
French Toast/Sausage	Entrée	470	30
Galaxy Pizza	Entrée	290	32
Garden Salad/Cheese	Salad	307	34
Grilled Cheese on WG White w/ Tomato Soup	Sand. Hot	265-446	59 (without tomato soup- 28)
Grown-Up Grilled Cheese	Sand. Hot	335	42
Ham & Cheese Pinwheels	Sand. Cold	225	23
Ham & Cheese Wrap	Wrap	225	23
Hawaiian Chicken Salad Sliders	Sand. Cold	353	43
Honey Mustard Chicken	Entrée	375	5
Hot Dog on WG Bun	Sand. Hot	280	22
Hot Ham & Cheese Biscuit	Sand. Hot	294	31
Hot Ham & Cheese on Pretzel Bun	Sand. Hot	222	31
Hot Turkey Sand.	Sand. Hot	246	28
Italian Hoagie	Sand. Cold	338	28
Meatball Parmesan	Sand. Hot	348	33
Meatball Sandwich	Sand. Hot	310	34
Meatballs in Bread Bowl	Entrée	421	47
Mini Pancakes w/Sausage	Entrée	241	23

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Muffin Bag	Grab & Go	360	27
Nacho & Cheese	Grab & Go	227	25
Nacho Grande/Chips	Entrée	454	38
Nardone WG Pepperoni Pizza	Entrée	320	29
Nardone WG Pizza	Entrée	300	28
Pancakes/ Sausage	Entrée	430	29
Pasta & Meatballs	Entrée	273	36
Pasta w/ Meat Sauce/Cheesy Garlic Bread	Entrée	333	52
Pasta, Mozzarella Sticks	Entrée	543	63
PB & J on WG white	Sand. Cold	615	62
Pepperoni Pizza	Entrée	449	46
Philly Cheese Steak	Sand. Hot	294	28
Pizza Crunchers	Entrée	445	48
Popcorn Chicken/Mac & Cheese	Entrée	268	23
Popcorn Chicken/WG Noodles	Entrée	270	44
Pulled BBQ Pork	Sand. Hot	303	35
Quesadilla, Chicken & Cheese	Entrée	300	32
Rib-E-Que	Entrée	287	30
Roasted Chicken/Rice	Entrée	262	34
Sausage & Egg/Deli Flat	Entrée	285	24
Sausage, Egg/English Muffin	Sand. Hot	284	30
Sloppy Joe on a Bun	Sand. Hot	268	34
Southwest Turkey Salad	Salad	410	48
Taco Twins	Entrée	248	19
Turkey & Cheese /WG Bread	Sand. Cold	269	39
Turkey Bacon, Lett, Tomato	Sand. Hot	324	43
Turkey Cloud Sandwich	Sand. Cold	261	33
Turkey Club Salad	Salad	309	46
Turkey w/ Stuffing	Entrée	302	39
Turkey/Cheese Pinwheels	Sand. Cold	259	22
Uncrustable- PB & J	Sand. Cold	320	33
Waldorf Chicken Salad Sliders	Sand. Cold	361	44
<b>Sides</b>	<b>Food Category</b>	<b>Calories</b>	<b>Carbohydrates (g)</b>
<b>Vegetables</b>			
Bacon & Broccoli Salad	Vegetable	67	5

## Nutri-Serve Food Management Nutritionals

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Beanie Cookie	Vegetable/treat	98	16
Broccoli Bites w/Dip	Vegetable	12	3
Broccoli Veggie Medley	Vegetable	26	6
Caesar Salad w/ Spinach	Vegetable	34	2
Carrots	Vegetable	20	5
Carrots & Green Beans	Vegetable	16	3
Cauliflower Popcorn	Vegetable	96	5
Cold Corn Salad	Vegetable	93	22
Corn/Green Beans	Vegetable	39	9
Crazy Corny Succotash	Vegetable	73	16
Criss- Cross Waffle Fries	Vegetable	227	28
Cucumbers	Vegetable	8	1.5
Curly Fries	Vegetable	213	26
Easy Cheesy Broccoli Bake	Vegetable	73	5
Harvest Pudding	Vegetable	173	37
Hash Brown Stix	Vegetable	80	14
Maple Sweet Potato Cubes	Vegetable	135	32
Mashed Potatoes	Vegetable	102	11
Old Bay Fries	Vegetable	147	27
Pasta Fagioli	Soup	417	82
Peas	Vegetable	59	11
Peas/ Carrots	Vegetable	38	8
Pepper Strips	Vegetable	15	3.5
Pumpkin Twister	Vegetable/treat	144	27
Rainbow Veggie Medley	Vegetable	29	6
Ranch, celery pea salad	Vegetable	88	7
Righteous Rice & Beans	Vegetable	108	22
Side Salad	Vegetable	12	3
Silly Spinach Salad	Vegetable	12	3
Spinach & Strawberry Salad	Vegetable	14	3
Sweet Corn	Vegetable	65	15
Sweet Potato Fries	Vegetable	160	25
Sweet Potato Fries w/ Syrup	Vegetable/treat	226	43
Swirly Curly Fries	Vegetable	213	27
Tangy Corn & Rice Salad	Vegetable	174	38
Tator Tots	Vegetable	196	13
Tom/Cukes/Chic Pea Salad	Vegetable	109	10
Tomato & Mozzarella Salad	Vegetable	236	4
Vege-licious Garden Salad	Vegetable	23	5
Veggie Medley	Vegetable	25	4
Waffle fries	Vegetable	227	28
Zucchini Veggie Medley	Vegetable	30	5

## Nutri-Serve Food Management Nutritionals

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<b>Fruits</b>			
Applesauce	Fruit	83	21
Assorted Juice cup (4 oz)	Fruit	77	18
Banana	Fruit	105	27
Blueberries	Fruit	41	10
Cantaloupe	Fruit	26	7
Fresh medium apple	Fruit	81	21
Grapes	Fruit	72	18
Honeydew	Fruit	30	7
Hot Cinnamon Apples	Fruit/Treat	71	19
Hot Cinnamon Pears	Fruit /Treat	72	19
Mandarin Oranges	Fruit	75	15
Mello-Jello	Fruit/Treat	99	23
Mixed Fruit	Fruit	65	17
Nectarine	fruit	67	16
Orange	fruit	65	16
Peach	fruit	37	10
Peaches canned	Fruit	70	17
Pear	Fruit	98	25
Pear canned	Fruit	70	17
Plum (1)	Fruit	35	9
Strawberries	Fruit	25	6
Watermelon	Fruit	23	6
<b>Treat</b>			
Holiday Cookie	Treat	160	23
<b>Milk</b>			
Skim White Milk	Beverage	86	13
1% White Milk	Beverage	100	11
Skim Chocolate Milk	Beverage	130	23
Skim Strawberry Milk	Beverage	130	23
Skim Vanilla Milk	Beverage	120	20

\*Carbohydrate counts are calculated to the best of our knowledge and could vary due to unforeseen circumstances such as a change in supplier's ingredients or unavailability of product. Please use these as a guide and consult the food service director of your program to view a specific label for verification if there is any question.