

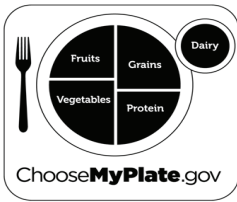
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Academy of Aerospace and Engineering

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Super Nachos 24 1 Bag WG Tostito Rounds 190 Cal, 7g Fat, 28g Carb, 160g Sod 3 oz. Chicken Taco Meat 150 Cal, 6.75g Fat, 3g Carb, 315mg Sod 1 oz. Queso Blanco 123 Cal, 9.6g Fat, 2.5g Carb, 421mg Sod 2 oz. Green Onions 5 Cal, 0g Fat, 1g Carb, 0mg Sod 1 C Shredded Romaine & Tomato 15.4 Cal, 0g Fat, 3.4g Carb, 0mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod 1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Sausage, Egg, and Cheese Biscuit 25 WG Maple Flavored Biscuit 200 Cal, 5g Fat, 33g Carb, 280mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 1 Egg Patty 45 Cal, 3.5g Fat, 1g Carb, 95mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod Or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>2 WG Breaded Chicken Sliders 26 188 Cal, 10g Fat, 12g Carb, 378mg Sod 2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod 1/2 C Regular Fries 110 Cal, 3.5g Fat, 17g Carb, 130mg Sod 1/2 C Celery Sticks 8 Cal, 0g Fat, 1.5g Carb, 40mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>Big Daddy's Four Cheese Pizza or 27 360 Cal, 13g Fat, 44g Carb, 640mg Sod Big Daddy's Buffalo Chicken Pizza 390 Cal, 19g Fat, 35g Carb, 750mg Sod 1/2 C Kidney Bean Salad 96.8 Cal, 0.1g Fat, 17.7g Carb, 155.7mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Chicken Bacon Cheeseburger 28 Hamburger & 1 slice Chicken Bacon 145 Cal, 8.75g Fat, 1.5g Carb, 160mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Patties 260 Cal, 16g Fat, 28g Carb, 500mg Sod 1/2 C Shred Romaine 4 Cal, 0g Fat, 1g Carb, 0mg Sod 1/4 C Diced Tomato 2.75 Cal, 0g Fat, 0.5g Carb, 0mg Sod 1 C Pineapple Chunks 140 Cal, 0g Fat, 34 Carb, 20mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>				
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p>	<p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>	<p><i>Assorted Salads and Sandwiches are available daily!</i></p>		<p><i>Assorted snacks & beverages are available daily!</i></p>
<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>		<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>		

Menu subject to change



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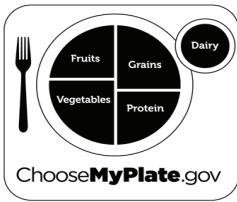
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<p>WG Personal Pan Pizza 1 370 Cal, 12g Fat, 35g Carb, 480mg Sod</p> <p>7 Spudsters 157.5 Cal, 7g Fat, 21g Carb, 367.5mg Sod</p> <p>1 C Romaine Tomato Cucumber Salad 6 Cal, 0g Fat, 1.2g Carb, 26mg Sod</p> <p>1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>2 Ketchup</p>	<p>8 WG Chicken Nuggets 2 384 Cal, 19.2g Fat, 25.6g Carb, 688mg Sod</p> <p>5 WG Breaded Onion Rings 200 Cal, 8g Fat, 28g Carb, 200mg Sod</p> <p>3/4 C Fresh Cucumber Slices 10.5 Cal, 0g Fat, 2.25 Carb, 0g Sod</p> <p>1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p> <p>3 Ketchup</p>	<p>2 WG French Toast Sticks 3 240 Cal, 7g Fat, 38g Carb, 260mg Sod</p> <p>1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod</p> <p>2 Chicken Sausage Patty 160 Cal, 12g Fat, 0g Carb, 540mg Sod</p> <p>1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod</p> <p>2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod</p> <p>1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod</p> <p>or Choice of Fresh Fruit</p> <p>Milk</p>	<p>Chicken Quesadilla 4 10" WG Tortilla 230Cal, 7g Fat, 36g Carb, 160mg Sod</p> <p>1.5 oz. Savory Grilled Breast Fillet Strips 50 Cal, 1.25g Fat, 0.5g Carb, 260mg Sod</p> <p>1/2 oz. Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod</p> <p>2.5 oz. Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod</p> <p>1 Salsa Dipping Cup 15Cal, 0g Fat, 5g Carb, 100mg Sod</p> <p>1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod</p> <p>1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 420mg Sod</p> <p>1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod</p> <p>Or Choice of Fresh Fruit</p> <p>and Milk</p>	<p>WG Chicken Patty 5 210 Cal, 14g Fat, 12g Carb, 340mg Sod</p> <p>WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod</p> <p>2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod</p> <p>1 C Shred Romaine & Tomato 12 Cal, 0g Fat, 2g Carb, 0mg Sod</p> <p>1 Honey Mustard Cup 80 cal, 6g Fat, 7g Carb, 125mg Sod</p> <p>1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod</p> <p>Or Choice of Fresh Fruit</p> <p>Milk</p> <p>3 Ketchup</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>				
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p> <p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>	<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>	<p><i>Assorted Salads and Sandwiches are available daily!</i></p>		<p>(1) Honey Mustard Cup 80 Calories 125 mg Sodium 6g Fat 7g Carbohydrate</p>
<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>				

Menu subject to change



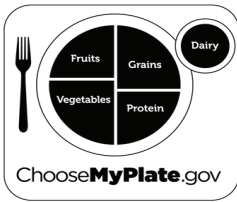
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Columbus Day No School	8 Chicken and Waffle Sandwich 2 WG Maple Chip Mini Waffles <i>80 Cal, 2.5g Fat, 14g Carb, 95mg Sod</i> WG Chicken Patty <i>210 Cal, 14g Fat, 12g Carb, 340mg Sod</i> 1/2 C Seasoned Sweet Potato Fries <i>160 Cal, 7.5g Fat, 23g Carb, 210mg Sod</i> 1/2 C Buffalo Cauliflower <i>17.5 Cal, 0g Fat, 3.5g Carb, 240mg Sod</i> 1 C Applesauce <i>100 Cal, 0g Fat, 26g Carb, 20mg Sod</i> 1 Honey Mustard Cup <i>80 Cal, 6g Fat, 7g Carb, 125mg Sod</i> Or Choice of Fresh Fruit Milk	9 2 Chicken Soft Tacos 3 oz. Shredded Chicken <i>130 Cal, 5g Fat, 0g Carb, 210mg Sod</i> 1.5 oz. Cheddar Cheese <i>82.5 Cal, 6.75g Fat, 0g Carb, 135mg Sod</i> 2-6" Flour Tortillas <i>180 Cal, 4g Fat, 30g Carb, 300mg Sod</i> 1/2 C Black Beans <i>90 Cal, 0g Fat, 16g Carb, 420mg Sod</i> 1/2 C Shredded Romaine & Tomato <i>7.7 Cal, 0g Fat, 1.7g Carb, 0mg Sod</i> 1 C Sliced Peaches <i>100 Cal, 0g Fat, 24g Carb, 10mg Sod</i> 1 Mini Rice Krispies Treat <i>50 Cal, 1g Fat, 9g Carb, 45mg Sod</i> Or Choice of Fresh Fruit Milk	10 WG Multi Garlic French Bread Pizza <i>320 Cal, 15g Fat, 30g Carb, 580mg Sod</i> 1/2 C Marinara <i>50 Cal, 0g Fat, 11g Carb, 170mg Sod</i> Cape Cod Kettle Potato Chips <i>70 Cal, 3g Fat, 9g Carb, 42.5mg Sod</i> 3/4 C Fresh Cucumber Slices <i>11 Cal, 0g Fat, 2.25 Carb, 0g Sod</i> 1 Ranch Cup <i>70 Cal, 6g Fat, 5g Carb, 125mg Sod</i> 1 C Pineapple Chunks <i>140 Cal, 0g Fat, 34 Carb, 20mg Sod</i> or Choice of Fresh Fruit Milk	11 Penne Pasta with Meatballs 4oz Penne Pasta <i>400 Cal, 2g Fat, 84g Carb, 0mg Sod</i> 4 Meatballs <i>140 Cal, 9g Fat, 4g Carb, 290mg Sod</i> 1/2 C Marinara Sauce <i>50 Cal, 0g Fat, 11g Carb, 170mg Sod</i> 0.5 oz. Grated Parmesan Cheese <i>20 Cal, 1.5g Fat, 0.5g Carb, 90mg Sod</i> 1 C Romaine w/ Tomato & Cucumber Salad with LF Italian Dressing <i>6 Cal, 0.1g Fat, 1.2g Carb, 26.25mg Sod</i> 1 C Sliced Peaches <i>100 Cal, 0g Fat, 24g Carb, 10mg Sod</i> or Fresh Fruit Milk	12
<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	
(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates	(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate	8oz FF Chocolate Milk <i>120 Cal, 0g Fat, 21g Carb, 190mg Sod</i> 8oz FF Strawberry Milk <i>120 Cal, 0g Fat, 21 Carb, 100mg Sod</i> 8oz LF 1% White Milk <i>110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</i>	<i>Assorted snacks & beverages are available daily!</i>	Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk	

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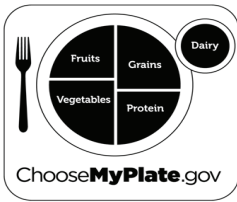


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<p>Pulled BBQ Chicken Sandwich 15 3 oz. Pulled Chicken 140 Cal, 8g Fat, 2g Carb, 480 mg Sod 1 Tbsp BBQ Sauce 30 Cal, 0g Fat, 7g Carb, 140 mg Sod WG Pillsbury French Bread 160 Cal, 4g Fat, 27g Carb, 240mg Sod 1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod 1/2 C Coleslaw 103 Cal, 8g Fat, 8.25g Carb, 200mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Jamaican Style Beef Patty 16 350 Cal, 12g Fat, 53g Carb, 279mg Sod 1/2 C Seasoned Sweet Potato Fries 160 Cal, 7.5g Fat, 23g Carb, 210mg Sod 1oz Queso Blanco 61.5 Cal, 4.7g Fat, 1.3g Carb, 211mg Sod 1/2 C Steamed Broccoli 13 Cal, 0g Fat, 2g Carb, 10mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod Or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>Popcorn Chicken Bowl 17 12 WG Seasoned Popcorn Chicken 210 Cal, 12g Fat, 12g Carb, 350mg Sod 2.25 oz. Honey Whole Wheat Biscuit 190 Cal, 6g Fat, 30g Carb, 320mg Sod 1/2 C Mashed Potato 60Cal, .75g Fat, 12.75g Carb, 82.5mg Sod 1/2 C Green Beans 20 Cal, 0g Fat, 4g Carb, 5mg sod 1 oz. BBQ Cup 60 Cal, 0g Fat, 16g Carb, 120mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32 Carb, 10mg Sod or Fresh Fruit Milk</p>	<p>Steak & Cheese Grinder 18 4oz Shredded Steak 190 Cal, 6g Fat, 4g Carb, 330mg Sod 1/2oz American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2.5 oz Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod WG Grinder Roll 150 Cal, 1g Fat, 29g Carb, 280mg Sod 1/4 C (5) Onion Rings 200 Cal, 8g Fat, 28g Carb, 200mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod Or Fresh Fruit Milk 2 Ketchup</p>	<p>Fish and Chips 19 6 WG Potato Crunch Pollock Nuggets 360 Cal, 19.5g Fat, 30g Carb, 750mg Sod 1/2 C Regular Fries 110 Cal, 3.5g Fat, 17g Carb, 130mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 Package WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Fresh Fruit Milk</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>				
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p>		<p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>		<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>
<p><i>Assorted Salads and Sandwiches are available daily!</i></p>			<p><i>Assorted snacks & beverages are available daily!</i></p>	
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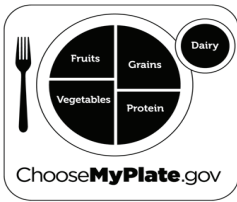
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<p>Super Nachos 22 1 Bag WG Tostito Rounds 190 Cal, 7g Fat, 28g Carb, 160g Sod 3 oz. Chicken Taco Meat 150 Cal, 6.75g Fat, 3g Carb, 315mg Sod 1 oz. Queso Blanco 123 Cal, 9.6g Fat, 2.5g Carb, 421mg Sod 2 oz. Green Onions 5 Cal, 0g Fat, 1g Carb, 0mg Sod 1 C Shredded Romaine & Tomato 15.4 Cal, 0g Fat, 3.4g Carb, 0mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod 1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Sausage, Egg, and Cheese Biscuit 23 WG Maple Flavored Biscuit 200 Cal, 5g Fat, 33g Carb, 280mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 1 Egg Patty 45 Cal, 3.5g Fat, 1g Carb, 95mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod Or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>2 WG Breaded Chicken Sliders 24 188 Cal, 10g Fat, 12g Carb, 378mg Sod 2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod 1/2 C Regular Fries 110 Cal, 3.5g Fat, 17g Carb, 130mg Sod 1/2 C Celery Sticks 8 Cal, 0g Fat, 1.5g Carb, 40mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>Big Daddy's Four Cheese Pizza or 25 360 Cal, 13g Fat, 44g Carb, 640mg Sod Big Daddy's Buffalo Chicken Pizza 390 Cal, 19g Fat, 35g Carb, 750mg Sod 1/2 C Kidney Bean Salad 96.8 Cal, 0.1g Fat, 17.7g Carb, 155.7mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Chicken Bacon Cheeseburger 26 Hamburger & 1 slice Chicken Bacon 145 Cal, 8.75g Fat, 1.5g Carb, 160mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Patties 260 Cal, 16g Fat, 28g Carb, 500mg Sod 1/2 C Shred Romaine 4 Cal, 0g Fat, 1g Carb, 0mg Sod 1/4 C Diced Tomato 2.75 Cal, 0g Fat, 0.5g Carb, 0mg Sod 1 C Pineapple Chunks 140 Cal, 0g Fat, 34 Carb, 20mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>				
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p>	<p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>	<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>		<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>

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<p>WG Personal Pan Pizza 29 370 Cal, 12g Fat, 35g Carb, 480mg Sod 7 Spudsters 157.5 Cal, 7g Fat, 21g Carb, 367.5mg Sod 1 C Romaine Tomato Cucumber Salad 6 Cal, 0g Fat, 1.2g Carb, 26mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>8 WG Chicken Nuggets 30 384 Cal, 19.2g Fat, 25.6g Carb, 688mg Sod 5 WG Breaded Onion Rings 200 Cal, 8g Fat, 28g Carb, 200mg Sod 3/4 C Fresh Cucumber Slices 10.5 Cal, 0g Fat, 2.25 Carb, 0g Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Choice of Fresh Fruit Milk 3 Ketchup</p>	<p>2 WG French Toast Sticks 31 240 Cal, 7g Fat, 38g Carb, 260mg Sod 1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod 2 Chicken Sausage Patty 160 Cal, 12g Fat, 0g Carb, 540mg Sod 1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Choice of Fresh Fruit Milk</p>	<p>Chicken Quesadilla 1 10" WG Tortilla 230Cal, 7g Fat, 36g Carb, 160mg Sod 1.5 oz. Savory Grilled Breast Fillet Strips 50 Cal, 1.25g Fat, 0.5g Carb, 260mg Sod 1/2 oz. Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod 2.5 oz. Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod 1 Salsa Dipping Cup 15Cal, 0g Fat, 5g Carb, 100mg Sod 1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod 1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 420mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit and Milk</p>	<p>WG Chicken Patty 2 210 Cal, 14g Fat, 12g Carb, 340mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 1 C Shred Romaine & Tomato 12 Cal, 0g Fat, 2g Carb, 0mg Sod 1 Honey Mustard Cup 80 cal, 6g Fat, 7g Carb, 125mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p> <p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>	<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>	<p><i>Assorted Salads and Sandwiches are available daily!</i></p>	<p>(1) Honey Mustard Cup 80 Calories 125 mg Sodium 6g Fat 7g Carbohydrate</p>	<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>

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