



2926 N 24th Street
Phoenix, AZ 85016
Phone: (602) 625-6251

All Beef Hot Dogs

We serve only all beef hot dogs...

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 126 | |
| Calories from Fat | 89 | |
| Total Fat | 9.9 g | 15% |
| Saturated Fat | 4.1g | 20% |
| Cholesterol | 23mg | 8% |
| Total Carbohydrates | 3.3g | 1% |
| Dietary Fiber | | |
| Protein | 6g | 12% |
| Vitamin A | | |
| Vitamin C | | |
| Iron | | |
| Calcium | | |
| Sodium | | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| All Beef Hot Dogs (bun) | ✓ | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Authentic Baked Ziti

We take our long-simmered sauce and combine it with noodles and cheesy mozzarella to make this dish the definition of comfort food.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 435 | - |
| Calories from Fat | 117 | - |
| Total Fat | 13 g | 20 % |
| Saturated Fat | 7 g | 41 % |
| Cholesterol | 28 mg | 12 % |
| Total Carbohydrates | 119 g | 44 % |
| Dietary Fiber | 7 g | 23 % |
| Protein | 33 g | - |
| Vitamin A | - | 19 % |
| Vitamin C | - | 10 % |
| Iron | - | 28 % |
| Calcium | - | 30 % |
| Sodium | 492 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Authentic Baked Ziti | ✓ | ✓ | | | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Baked Potato Bar

We oven roast potatoes and serve them with all sorts of fixings on the side for your kids to choose from, sour cream, butter, cheese, bacon bits, black olives, chili, and veggies

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 129 | - |
| Calories from Fat | 0 | - |
| Total Fat | 0g | % |
| Saturated Fat | 0g | % |
| Cholesterol | 0mg | % |
| Total Carbohydrates | 29 g | % |
| Dietary Fiber | 2.1 g | % |
| Protein | 2.7 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 30 % |
| Iron | | 5 % |
| Calcium | - | 0 % |
| Sodium | 7mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Baked Potato Bar | | | | | | | | | |

- ✓ Contains allergen/sensitivity
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BBQ Chicken

Kid favorite BBQ drumsticks smothered in sweet homemade sauce.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 380 | - |
| Calories from Fat | 153 | - |
| Total Fat | 17 g | 26 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 110 mg | 48 % |
| Total Carbohydrates | 23 g | 8 % |
| Dietary Fiber | 0 g | 0 % |
| Protein | 31 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 1 % |
| Sodium | 390 mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| BBQ Chicken | | | | | | | | | |

- ✓ Contains allergen/sensitivity
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Bean and Cheese Burrito

Our chefs have reworked our burritos from the stove up! Smashed pinto beans, cooked in house with mild red sauce, shredded cheddar cheese all hand rolled in a flour tortilla. We usually serve this dish with a side of Spanish rice. A definite new favorite!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 515 | - |
| Calories from Fat | 144 | - |
| Total Fat | 16 g | 25 % |
| Saturated Fat | 7 g | 41 % |
| Cholesterol | 29 mg | 13 % |
| Total Carbohydrates | 66 g | 24 % |
| Dietary Fiber | 16 g | 52 % |
| Protein | 27 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 28 % |
| Calcium | - | 30 % |
| Sodium | 1127 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Bean and Cheese Burrito | ✓ | ✓ | △ | | | | | | ✓ |

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- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Bean Tostada's

We take our own homemade refried beans and top a tostada shell and shredded cheese...on the salad bar will be the salsa and sour cream!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 139 | - |
| Calories from Fat | 5 | 1% |
| Total Fat | 5g | % |
| Saturated Fat | g | % |
| Cholesterol | 0 mg | % |
| Total Carbohydrates | 24.4 g | 8 % |
| Dietary Fiber | 6.2 g | 25% |
| Protein | 8.5 g | 17%- |
| Vitamin A | - | 1%% |
| Vitamin C | - | 6 % |
| Iron | | 21 % |
| Calcium | - | 7 % |
| Sodium | 785mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Bean Tostada | ✓ | | | | | | | | |

- ✓ Contains allergen/sensitivity
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Beef and Cheese Ravioli

Pockets of pasta stuffed with ground beef and our four cheese mixture. Usually served with our homemade marina sauce.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 300 | - |
| Calories from Fat | 8 | - |
| Total Fat | 4g | % |
| Saturated Fat | g | % |
| Cholesterol | mg | % |
| Total Carbohydrates | 43 g | % |
| Dietary Fiber | g | % |
| Protein | g | - |
| Vitamin A | - | % |
| Vitamin C | - | % |
| Iron | | % |
| Calcium | - | % |
| Sodium | 440mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Beef and Cheese Ravioli | ✓ | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

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Beef Stroganoff

Classic comfort food....made with egg noodles, ground turkey, and a secret Russian cream sauce.....

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 696 | - |
| Calories from Fat | 296 | - |
| Total Fat | 44g | 68 % |
| Saturated Fat | 13g | 65 % |
| Cholesterol | 129 mg | 46 % |
| Total Carbohydrates | 45.9g | 15 % |
| Dietary Fiber | 13g | 12 % |
| Protein | 24.4 g | - |
| Vitamin A | - | 6 % |
| Vitamin C | - | 3 % |
| Iron | | 46 % |
| Calcium | - | 10% |
| Sodium | 482mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Beef Stroganoff | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
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Beefy Mac and Cheese

We take our homemade mac and cheese and add our meatballs to it...kids love the addition of the meatballs to the mac and cheese!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 191 | - |
| Calories from Fat | 27 | - |
| Total Fat | 3 g | 5 % |
| Saturated Fat | 1 g | 6 % |
| Cholesterol | 26 mg | 11 % |
| Total Carbohydrates | 25 g | 9 % |
| Dietary Fiber | 5 g | 16 % |
| Protein | 17 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 22 % |
| Calcium | - | 10 % |
| Sodium | 755 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Beefy Mac and Cheese | ✓ | ✓ | | | | | | | ✓ |

✓ Contains allergen/sensitivity

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Caesar Salad with Chicken

Romaine lettuce, chicken breast, shredded parmesan and garlic croutons. We make our dressing in house (anchovy free!) and serve it on the side, so you can have your salad dressed or undressed.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 314 | - |
| Calories from Fat | 99 | - |
| Total Fat | 11 g | 17 % |
| Saturated Fat | 3 g | 18 % |
| Cholesterol | 80 mg | 35 % |
| Total Carbohydrates | 20 g | 7 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 30 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 7 % |
| Sodium | 359 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Caesar salad with chicken | ✓ | ✓ | △ | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
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Cheese Pizza

We currently outsource our pizza to Barros' Pizza. They make their crust fresh at each location. We serve the choice of a full meal which is two slices of 16 inch pizza.

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 380 | - |
| Calories from Fat | 108 | - |
| Total Fat | 12 g | 18 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 7 mg | 3 % |
| Total Carbohydrates | 55 g | 20 % |
| Dietary Fiber | 4 g | 13 % |
| Protein | 16 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 22 % |
| Calcium | - | 10 % |
| Sodium | 614 mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Cheese Pizza | ✓ | ✓ | ✓ | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
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Cheeseburger

We use a Black Angus burger that is (80/20) 1/3 pound hamburger served on a bun with the cheese on the side for children to place on the patty themselves. All fixings will be located at the salad bar or with the salad trolley.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 380 | - |
| Calories from Fat | 153 | - |
| Total Fat | 17 g | 26 % |
| Saturated Fat | 7 g | 41 % |
| Cholesterol | 75 mg | 33 % |
| Total Carbohydrates | 32 g | 12 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 24 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 2 % |
| Sodium | 610 mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Cheeseburger | ✓ | ✓ | ✓ | | | | | | ✓ |

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Chicken "non-Fried" Rice

Pan-fried jasmine rice loaded with seasoned chicken, celery, carrots, bean sprouts, green onions, and egg. Even better than take out!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 350 | - |
| Calories from Fat | 81 | - |
| Total Fat | 9 g | 14 % |
| Saturated Fat | 3 g | 18 % |
| Cholesterol | 105 mg | 46 % |
| Total Carbohydrates | 45 g | 17 % |
| Dietary Fiber | 1 g | 3 % |
| Protein | 21 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 2 % |
| Sodium | 720 mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken "Fried" Rice | | ✓ | ✓ | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

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Chicken Chow Mein

All natural, seasoned chicken, celery, carrots, bean sprouts, green onions, and Chef Mark's' authentic Asian sauce all mixed with chow Mein noodles.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 340 | - |
| Calories from Fat | 117 | - |
| Total Fat | 13 g | 20 % |
| Saturated Fat | 3 g | 18 % |
| Cholesterol | 70 mg | 30 % |
| Total Carbohydrates | 30 g | 11 % |
| Dietary Fiber | 1 g | 3 % |
| Protein | 26 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 2 % |
| Sodium | 740 mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Chow Mein | | ✓ | ✓ | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

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Chicken Curry

Chicken breasts and potatoes sautéed and simmered with onion, olive oil and yellow curry.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 247 | - |
| Calories from Fat | 102 | - |
| Total Fat | 11.3g | % |
| Saturated Fat | 1.8g | 9% |
| Cholesterol | 68 mg | 23 % |
| Total Carbohydrates | 7.9 g | 3% |
| Dietary Fiber | 2.7 g | 11% |
| Protein | 28.5 g | 57% |
| Vitamin A | - | 2 % |
| Vitamin C | - | 10 % |
| Iron | | 26 % |
| Calcium | - | 6 % |
| Sodium | 82mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Curry | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Chicken Lo Mein

Made with pan fried noodles, fresh veggies, soy sauce and chicken

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 400 | - |
| Calories from Fat | 83 | - |
| Total Fat | 9.2g | 14 % |
| Saturated Fat | 3.4G | 17 % |
| Cholesterol | 99 mg | 33 % |
| Total Carbohydrates | 37.3 g | % |
| Dietary Fiber | 6.1 g | % |
| Protein | 43.2 g | - |
| Vitamin A | - | 55 % |
| Vitamin C | - | 39 % |
| Iron | | 37 % |
| Calcium | - | 28 % |
| Sodium | 1897mg | - |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Lo Mein | ✓ | ✓ | ✓ | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

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Chicken Quesadilla (Corn)

Slow simmer chicken in seasoning and broth. We then shred it and layer it between flour tortilla and cheese

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 314 | - |
| Calories from Fat | | - |
| Total Fat | 17g | % |
| Saturated Fat | 8g | % |
| Cholesterol | 61mg | % |
| Total Carbohydrates | 19 g | % |
| Dietary Fiber | 1 g | % |
| Protein | 20 g | - |
| Vitamin A | - | 10 % |
| Vitamin C | - | 4 % |
| Iron | | 6 % |
| Calcium | - | 25 % |
| Sodium | 550mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Quesadillas (corn) | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Chicken Quesadilla (Flour)

Slow simmer chicken in seasoning and broth. We then shred it and layer it between flour tortilla and cheese

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 314 | - |
| Calories from Fat | | - |
| Total Fat | 17g | % |
| Saturated Fat | 8g | % |
| Cholesterol | 61mg | % |
| Total Carbohydrates | 19 g | % |
| Dietary Fiber | 1 g | % |
| Protein | 20 g | - |
| Vitamin A | - | 10 % |
| Vitamin C | - | 4 % |
| Iron | | 6 % |
| Calcium | - | 25 % |
| Sodium | 550mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Quesadillas (flour) | | | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Chicken Tetrazzini

Chicken, veggies, and cheese cooked in a sherry and cheese broth and served over large egg noodles.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 493 | - |
| Calories from Fat | 222 | - |
| Total Fat | 24.7g | 38% |
| Saturated Fat | 12.7g | 64% |
| Cholesterol | 85 mg | 28 % |
| Total Carbohydrates | 39 g | 13% |
| Dietary Fiber | 2.9 g | 11% |
| Protein | 28.8 g | 58% |
| Vitamin A | - | 22 % |
| Vitamin C | - | 25% |
| Iron | | 30% |
| Calcium | - | 34% |
| Sodium | 944mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Tetrazzini | ✓ | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Farmer's Market Pasta Primavera

Eat Your Veggies! Pasta with petit, fresh vegetables, laced with an alfredo-style sauce. Boasts a serving+ of veggies and lots of antioxidants too!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 350 | - |
| Calories from Fat | 36 | - |
| Total Fat | 4 g | 6 % |
| Saturated Fat | 0 g | 0 % |
| Cholesterol | 0 mg | 0 % |
| Total Carbohydrates | 65 g | 24 % |
| Dietary Fiber | 8 g | 26 % |
| Protein | 15 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 17 % |
| Calcium | - | 6 % |
| Sodium | 349 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Farmer's Market Pasta Primavera | ✓ | ✓ | | | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Four-Cheese Ravioli with Marinara

Four cheese ravioli blanketed in our authentic marinara sauce. Grandma would be proud!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 370 | - |
| Calories from Fat | 108 | - |
| Total Fat | 12 g | 18 % |
| Saturated Fat | 0 g | 0 % |
| Cholesterol | 75 mg | 33 % |
| Total Carbohydrates | 48 g | 18 % |
| Dietary Fiber | 4 g | 13 % |
| Protein | 15 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 0 % |
| Calcium | - | 0 % |
| Sodium | 600 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Four-Cheese Ravioli with Marinara | ✓ | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Garlic Shrimp Pasta

Spaghetti or Angle hair noodles covered in garlic butter and sautéed shrimps....to die for....

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 314 | |
| Calories from Fat | 65 | |
| Total Fat | 7.3g | 11% |
| Saturated Fat | 2.7g | 14% |
| Cholesterol | 95mg | 32% |
| Total Carbohydrates | 42.9g | 14% |
| Dietary Fiber | 2g | 8% |
| Protein | 19.8% | 40% |
| Vitamin A | | 4% |
| Vitamin C | | 4% |
| Iron | | 31% |
| Calcium | | 8% |
| Sodium | | 127mg |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Garlic Shrimp Pasta | ✓ | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Ham and Cheese Sub

Deli thin sliced Black Forrest ham, real California baby Swiss cheese (holes and all!) served with lettuce and tomato on the side! (You asked for it!) This classic sandwich is on whole wheat bread with a mayonnaise packet on the side.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 450 | - |
| Calories from Fat | 171 | - |
| Total Fat | 19 g | 29 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 50 mg | 22 % |
| Total Carbohydrates | 44 g | 16 % |
| Dietary Fiber | 7 g | 23 % |
| Protein | 25 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 0 % |
| Sodium | 254 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Ham and Cheese Sub | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Hamburger

Our burger patty is a Black Angus (80/20) 1/3 pound hamburger. Served on whole wheat or white bun.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 340 | - |
| Calories from Fat | 117 | - |
| Total Fat | 13 g | 20 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 60 mg | 26 % |
| Total Carbohydrates | 32 g | 12 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 23 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 17 % |
| Calcium | - | 2 % |
| Sodium | 360 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Hamburger | ✓ | ✓ | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Homemade Pot Roast sliced thinly on buns

Succulent pot roast simmered and topped demi glaze. Think of the Arby's only better!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 360 | - |
| Calories from Fat | 90 | - |
| Total Fat | 10 g | 15 % |
| Saturated Fat | 4 g | 24 % |
| Cholesterol | 50 mg | 22 % |
| Total Carbohydrates | 45 g | 17 % |
| Dietary Fiber | 10 g | 32 % |
| Protein | 24 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 8 % |
| Sodium | 456 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Homemade Pot Roast Sandwiches | ✓ | ✓ | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Hummus Bento Box

We make our hummus from scratch using the highest quality ingredients. Pita triangles, feta cheese and olives complete a colorful and fresh lunch sure to please.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 482 | - |
| Calories from Fat | 207 | - |
| Total Fat | 23 g | 35 % |
| Saturated Fat | 2 g | 12 % |
| Cholesterol | 0 mg | 0 % |
| Total Carbohydrates | 62 g | 23 % |
| Dietary Fiber | 14 g | 45 % |
| Protein | 11 g | - |
| Vitamin A | - | 103 % |
| Vitamin C | - | 13 % |
| Iron | | 22 % |
| Calcium | - | 13 % |
| Sodium | 189 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Hummus Bento Box | | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Mac and Cheese

We have perfected Macaroni and Cheese with pasta bathed in an all-natural Wisconsin cheese sauce. Everything you love about Mac and Cheese is here: real food with only the best ingredients.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 414 | - |
| Calories from Fat | 135 | - |
| Total Fat | 15 g | 23 % |
| Saturated Fat | 9 g | 53 % |
| Cholesterol | 43 mg | 19 % |
| Total Carbohydrates | 54 g | 20 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 15 g | - |
| Vitamin A | - | 18 % |
| Vitamin C | - | 1 % |
| Iron | | 6 % |
| Calcium | - | 19 % |
| Sodium | 764 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Mac and Cheese | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Meat Lasagna

Fresh lasagna sheets layered with our authentic marinara, Made with hidden pureed oven root veggie inside, Ground beef 80/20 and ground turkey, whole milk mozzarella, fine parmesan and tangy ricotta cheeses. This one might make Chef Carol famous!

Nutrition Information

| a | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 360 | - |
| Calories from Fat | 126 | - |
| Total Fat | 14 g | 22 % |
| Saturated Fat | 7 g | 41 % |
| Cholesterol | 40 mg | 17 % |
| Total Carbohydrates | 33 g | 12 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 23 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 1 % |
| Sodium | 590 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Meat Lasagna | ✓ | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Meatball Sub

We fill whole wheat sub rolls with meatballs made from a mixture of ground beef (80/20) and ground turkey, eggs, and homemade bread crumbs. Then top it off with our marina sauce and provolone cheese.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 414 | - |
| Calories from Fat | 135 | - |
| Total Fat | 15 g | 23 % |
| Saturated Fat | 9 g | 53 % |
| Cholesterol | 43 mg | 19 % |
| Total Carbohydrates | 54 g | 20 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 15 g | - |
| Vitamin A | - | 18 % |
| Vitamin C | - | 1 % |
| Iron | - | 6 % |
| Calcium | - | 19 % |
| Sodium | 764 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Meatball sub | ✓ | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Nachos

We layer our corn tortilla chips with homemade refried beans, seasoned meat (ground beef 80/20 and ground turkey) and cheesy sauce...we served with Spanish rice, salsa, sour cream, onions, peppers all on the side. If your kids want they can have everything on the side.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 140 | - |
| Calories from Fat | 90 | - |
| Total Fat | 10g | 23 % |
| Saturated Fat | 5g | 53 % |
| Cholesterol | 24mg | 19 % |
| Total Carbohydrates | 7 g | 20 % |
| Dietary Fiber | 0 g | 10 % |
| Protein | 6 g | - |
| Vitamin A | - | 6 % |
| Vitamin C | - | 0 % |
| Iron | | 4 % |
| Calcium | - | 15 % |
| Sodium | 250 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Nachos | ✓ | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Oven “Fried” Chicken

We take pieces of chicken and bread them in mixture of bread crumbs and flax seed and place them in the oven with olive oil sprayed onto them and bake them until they are crispy and done

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 540 | - |
| Calories from Fat | 178 | - |
| Total Fat | 19.8g | % |
| Saturated Fat | 7.8g | 39% |
| Cholesterol | 148 mg | 49 % |
| Total Carbohydrates | 42.3 g | 3% |
| Dietary Fiber | 1.3 g | 5% |
| Protein | 47.4 g | 95% |
| Vitamin A | - | 21 % |
| Vitamin C | - | 17% |
| Iron | | 13.7% |
| Calcium | - | 13% |
| Sodium | 440mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Oven “Fried” Chicken | ✓ | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Oven-Roasted Herb Chicken

Zesty Oven-Roasted Herb Chicken makes little tummies happy, especially when cooked with fresh herbs. A little taste of home cooking delivered directly to the lunchroom.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 380 | - |
| Calories from Fat | 162 | - |
| Total Fat | 18 g | 28 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 105 mg | 46 % |
| Total Carbohydrates | 20 g | 7 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 33 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 17 % |
| Calcium | - | 3 % |
| Sodium | 230 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Oven-Roasted Herb Chicken | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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“Panda” Style Orange Chicken

Our spin on this with our own homemade sauce with less of the spicy herbs used in the chain version.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 237 | |
| Calories from Fat | 14 | |
| Total Fat | 1.5g | |
| Saturated Fat | 2.3g | |
| Cholesterol | 68mg | |
| Total Carbohydrates | 27.8g | |
| Dietary Fiber | .04g | |
| Protein | 27.9g | |
| Vitamin A | 1% | |
| Vitamin C | 7% | |
| Iron | 12% | |
| Calcium | 3% | |
| Sodium | 97mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Panda style orange chicken | | ✓ | | | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Parmesan Chicken Sandwich

Our Crispy chicken patty served with a topping of our homemade sauce and parmesan cheese...sure to please!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 569 | |
| Calories from Fat | 284 | |
| Total Fat | 31.5 | |
| Saturated Fat | 12.9g | |
| Cholesterol | 97mg | |
| Total Carbohydrates | 40.6g | |
| Dietary Fiber | 2g | |
| Protein | 30.4g | |
| Vitamin A | 10% | |
| Vitamin C | 4% | |
| Iron | 31% | |
| Calcium | 37% | |
| Sodium | 1084mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|---------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Parmesan Chicken Sandwich | ✓ | ✓ | | ✓ | | | | | ✓ |

- Contains allergen/sensitivity
- ✓ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Pepperoni Pizza

We currently outsource our pizza to Barros' Pizza. They make their crusts fresh from scratch at each location. We serve two slices of 16 inch pizza.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 380 | - |
| Calories from Fat | 108 | - |
| Total Fat | 12 g | 18 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 7 mg | 3 % |
| Total Carbohydrates | 55 g | 20 % |
| Dietary Fiber | 4 g | 13 % |
| Protein | 16 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 22 % |
| Calcium | - | 10 % |
| Sodium | 614 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Pepperoni Pizza | ✓ | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Pizza Chicken Sandwich

Our crispy chicken patty served with a topping of our homemade marinara sauce and mozzarella cheese.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | | |
| Calories from Fat | | |
| Total Fat | | |
| Saturated Fat | | |
| Cholesterol | | |
| Total Carbohydrates | | |
| Dietary Fiber | | |
| Protein | | |
| Vitamin A | | |
| Vitamin C | | |
| Iron | | |
| Calcium | | |
| Sodium | | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Pizza Chicken Sandwich | | ✓ | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Popcorn Chicken

Chicken breast meat that is cut into to strips, soaked overnight in buttermilk then coated with homemade bread crumbs which contain flack seed meal and bread crumbs. Then baked not fried

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 292 | - |
| Calories from Fat | 90 | - |
| Total Fat | 10 g | 15 % |
| Saturated Fat | 2 g | 12 % |
| Cholesterol | 49 mg | 21 % |
| Total Carbohydrates | 19 g | 7 % |
| Dietary Fiber | 0 g | 0 % |
| Protein | 23 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 11 % |
| Calcium | - | 2 % |
| Sodium | 864 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Popcorn Chicken | ✓ | ✓ | ✓ | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Popcorn Chicken with dipping sauces

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 199 | - |
| Calories from Fat | 36 | - |
| Total Fat | 4 g | 6 % |
| Saturated Fat | 1 g | 6 % |
| Cholesterol | 0 mg | 0 % |
| Total Carbohydrates | 34 g | 13 % |
| Dietary Fiber | 11 g | 35 % |
| Protein | 9 g | - |
| Vitamin A | - | 40 % |
| Vitamin C | - | 50 % |
| Iron | | 22 % |
| Calcium | - | 5 % |
| Sodium | 978 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Popcorn chicken | | ✓ | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

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Sesame Noodle Stir Fry

This is an amazing salad...spaghetti noodles covered in sesame oil and seeds with a few added veggies to kick it up a notch!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 338 | |
| Calories from Fat | 151 | |
| Total Fat | 16.8g | 26% |
| Saturated Fat | 2.2g | 11% |
| Cholesterol | 0mg | |
| Total Carbohydrates | 40.8g | 13% |
| Dietary Fiber | 2.5g | 10% |
| Protein | 7.3g | 15% |
| Vitamin A | 10% | |
| Vitamin C | 32% | |
| Iron | 20% | |
| Calcium | 1% | |
| Sodium | 1020mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Sesame Noodle Stir Fry | | ✓ | ✓ | | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

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Shepherd Pie

Ground turkey and veggies topped with wonderful Smashed potatoes...and then browned on top to give a crunchy top

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 476 | |
| Calories from Fat | 163 | |
| Total Fat | 18.1g | 28% |
| Saturated Fat | 7.7g | 38% |
| Cholesterol | 84mg | |
| Total Carbohydrates | 51.4 | 17% |
| Dietary Fiber | 8.5g | 34% |
| Protein | 27.5g | 55% |
| Vitamin A | 164% | |
| Vitamin C | 65% | |
| Iron | 35% | |
| Calcium | 24% | |
| Sodium | 1529mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Shepherd Pie | ✓ | | | ✓ | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

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Shredded BBQ Chicken Sandwich

We slow simmer our chicken in a homemade bbq sauce made from tomato, brown sugar, secret seasonings, and coke cola. Our sauce comes out sweet and tangy

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 414 | - |
| Calories from Fat | 135 | - |
| Total Fat | 15 g | 23 % |
| Saturated Fat | 9 g | 53 % |
| Cholesterol | 43 mg | 19 % |
| Total Carbohydrates | 54 g | 20 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 15 g | - |
| Vitamin A | - | 18 % |
| Vitamin C | - | 1 % |
| Iron | | 6 % |
| Calcium | - | 19 % |
| Sodium | 764 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Shredded BBQ Chicken Sandwich (bun) | ✓ | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Shredded BBQ Pork Sandwich

Our BBQ pork is slow cooked for 12 hours in our very own secret Texas inspired BBQ sauce then shredded and placed on buns.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 414 | |
| Calories from Fat | 135 | |
| Total Fat | 15g | 23% |
| Saturated Fat | 9.9g | 53% |
| Cholesterol | | 43mg |
| Total Carbohydrates | | |
| Dietary Fiber | | 10% |
| Protein | 15g | |
| Vitamin A | 18% | |
| Vitamin C | 1% | |
| Iron | | |
| Calcium | | |
| Sodium | 764 | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Shredded BBQ Pork Sandwich | | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Sloppy Joes

The Original Sloppy Joe Sandwich was invented at Sloppy Joe's Bar in Key West. We slow cook ground turkey in a tangy mixture of tomato sauce, brown sugar, Worcestershire and herbs and a dash of spice. You'll never use Manwich sauce again!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 255 | - |
| Calories from Fat | | - |
| Total Fat | 6 g | 23 % |
| Saturated Fat | 3 g | 53 % |
| Cholesterol | 39 mg | 19 % |
| Total Carbohydrates | 29 g | 20 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 16 g | - |
| Vitamin A | - | 1 % |
| Vitamin C | - | 7 % |
| Iron | | 17 % |
| Calcium | - | 8 % |
| Sodium | 314 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Sloppy Joes (buns) | | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Spaghetti w/ Marinara

Pasta covered in our authentic marinara sauce. Made with tons of hidden root vegetables pureed inside. Your Grandma would be so proud!

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 280 | - |
| Calories from Fat | 27 | - |
| Total Fat | 3 g | 5 % |
| Saturated Fat | 0 g | 0 % |
| Cholesterol | 0 mg | 0 % |
| Total Carbohydrates | 52 g | 19 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 10 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 0 % |
| Sodium | 430 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Spaghetti w/ Marinara | | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Street Enchiladas (Beef)

A healthy spin on the restaurant classic. Marinated beef simmered in an authentic sauce we make from scratch! Flour tortillas are layered with the beef mixture and topped with shredded cheddar cheese.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 330 | - |
| Calories from Fat | 135 | - |
| Total Fat | 15 g | 23 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 60 mg | 26 % |
| Total Carbohydrates | 31 g | 11 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 21 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 8 % |
| Sodium | 257 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Beef Enchiladas | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Street Enchiladas (Chicken)

A healthy spin on the restaurant classic. Marinated chicken simmered in an authentic sauce we make from scratch! Flour tortillas are layered with the chicken mixture and topped with shredded cheddar cheese.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 275 | - |
| Calories from Fat | 85 | - |
| Total Fat | 13 g | 23 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 52 mg | 26 % |
| Total Carbohydrates | 31 g | 11 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 18 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 8 % |
| Sodium | 354 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chicken Enchiladas | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Szechuan Noodle bowl

Soba Noodles with sesame oil, tamari and a pinch of chili oil...we add grilled chicken to top off this wonderful dish

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 277 | |
| Calories from Fat | 68 | |
| Total Fat | 7.6g | 12% |
| Saturated Fat | 1.1g | 5% |
| Cholesterol | | |
| Total Carbohydrates | 47.1g | 15% |
| Dietary Fiber | 1.1g | |
| Protein | 9.5g | |
| Vitamin A | 63% | |
| Vitamin C | 37% | |
| Iron | 20% | |
| Calcium | 5% | |
| Sodium | 955mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Szechuan noodle bowl | | ✓ | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Taco Roll Up

We use a mixture of ground beef (80/20) and ground turkey, onions, lime juice, cilantro and zesty seasoning. We then layer the mixture on corn tortillas, with Refried beans, Spanish rice, salsa, sour cream, shredded lettuce, and cheese on the side

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 240 | - |
| Calories from Fat | 110 | - |
| Total Fat | 10g | % |
| Saturated Fat | 7g | % |
| Cholesterol | 23mg | % |
| Total Carbohydrates | 12 g | % |
| Dietary Fiber | 2 g | % |
| Protein | 13 g | - |
| Vitamin A | - | 10% |
| Vitamin C | - | 6 % |
| Iron | | 8 % |
| Calcium | - | 10 % |
| Sodium | 260mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Taco Roll up | | ✓ | | | | | | | ✓ |

- Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Taco's al Pastor

Slow cooked pork in Mexican spices and herbs until tender enough to shred then placed on crunchy shells.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 361 | |
| Calories from Fat | 60 | |
| Total Fat | 6.7g | |
| Saturated Fat | 4.1g | |
| Cholesterol | | |
| Total Carbohydrates | 49mg | |
| Dietary Fiber | | |
| Protein | 24.6 | |
| Vitamin A | 57% | |
| Vitamin C | 29% | |
| Iron | 32% | |
| Calcium | 14% | |
| Sodium | 143 | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Taco's al Pastor | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Teriyaki Beef Rice Bowl

Beef marinated in a tangy teriyaki sauce with pineapple chunks and served over jasmine rice to complete this Hawaiian style dish.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 350 | - |
| Calories from Fat | 36 | - |
| Total Fat | 4 g | 6 % |
| Saturated Fat | 2 g | 12 % |
| Cholesterol | 45 mg | 20 % |
| Total Carbohydrates | 56 g | 21 % |
| Dietary Fiber | 1 g | 3 % |
| Protein | 20 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 17 % |
| Calcium | - | 1 % |
| Sodium | 770 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|-------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Teriyaki Beef Rice Bowl | | | ✓ | | | | | | ✓ |

✓ Contains allergen/sensitivity

△ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein

★ Contains modified food starch which may or may not contain wheat

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Teriyaki Chicken Rice Bowl

Chicken marinated in tangy teriyaki sauce with pineapple chunks and served over jasmine rice to complete this Hawaiian style dish.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 350 | - |
| Calories from Fat | 45 | - |
| Total Fat | 5 g | 8 % |
| Saturated Fat | 0 g | 0 % |
| Cholesterol | 75 mg | 33 % |
| Total Carbohydrates | 43 g | 16 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 24 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 6 % |
| Calcium | - | 2 % |
| Sodium | 470 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Teriyaki Chicken Rice Bowl | | | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Tortellini Pasta w/ Alfredo Sauce

Pasta tossed with our lighter, healthier spin on the traditional Alfredo sauce. We use butter, whole milk, flour, and a four cheese mixture.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 423 | - |
| Calories from Fat | 126 | - |
| Total Fat | 14 g | 22 % |
| Saturated Fat | 7 g | 41 % |
| Cholesterol | 32 mg | 14 % |
| Total Carbohydrates | 127 g | 47 % |
| Dietary Fiber | 6 g | 19 % |
| Protein | 28 g | - |
| Vitamin A | - | 12 % |
| Vitamin C | - | 1 % |
| Iron | | 28 % |
| Calcium | - | 21 % |
| Sodium | 461 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Tortellini Pasta w/Alfredo | ✓ | ✓ | | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Tuna Salad Sub

Mom's tuna salad is made with albacore tuna, hint of mayo, celery, and secret seasoning. We then serve with lettuce, tomato on the side.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 385 | - |
| Calories from Fat | 126 | - |
| Total Fat | 14 g | 22 % |
| Saturated Fat | 5 g | 29 % |
| Cholesterol | 22 mg | 10 % |
| Total Carbohydrates | 44 g | 16 % |
| Dietary Fiber | 2 g | 6 % |
| Protein | 22 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 22 % |
| Calcium | - | 2 % |
| Sodium | 213 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Tuna Salad Sub | | ✓ | | ✓ | | | ✓ | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Turkey Burger

Our Burgers are 1/3 pound burgers made from lean ground turkey meat.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 183 | |
| Calories from Fat | 86 | |
| Total Fat | 9.5g | 15g |
| Saturated Fat | 2.6g | |
| Cholesterol | 90mg | 30% |
| Total Carbohydrates | 2.3g | 1% |
| Dietary Fiber | .02g | |
| Protein | 20.9g | 42% |
| Vitamin A | | 2% |
| Vitamin C | | 3% |
| Iron | | 16% |
| Calcium | | 3% |
| Sodium | | 354mg |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|--------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Turkey Burger(bun) | ✓ | | ✓ | | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Turkey Sub

We use an oven roast all natural, premium turkey breast which is sliced thin and layer on Whole Wheat Sub

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 363 | - |
| Calories from Fat | 90 | - |
| Total Fat | 10 g | 15 % |
| Saturated Fat | 2 g | 12 % |
| Cholesterol | 38 mg | 17 % |
| Total Carbohydrates | 45 g | 17 % |
| Dietary Fiber | 3 g | 10 % |
| Protein | 24 g | - |
| Vitamin A | - | 0 % |
| Vitamin C | - | 0 % |
| Iron | | 17 % |
| Calcium | - | 2 % |
| Sodium | 320 mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Turkey Sub | | ✓ | | ✓ | | | | | ✓ |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Dressed Up Veggies and Sides

We often serve a side of veggie with the meal. We are always trying to mix things up. Here is a list of a few of the kid's favorites.

Asian Veggies

We add orange marmalade and soy sauce to the fresh veggies

Coleslaw

We take shredded cabbage, mix it with mayo, mustard, celery seed, celery salt, apple cider vinegar and add orange or apples to it.

Garlic Oven Fries

We add olive oil, garlic seasoning, dried basil and Italian seasoning and bake to perfection

Honey-Mustard Veggies

We simply add a good stone ground mustard and honey

Mashed Potatoes

Steamed red potatoes, butter, milk, pureed cauliflower, salt and pepper to taste

Ranch Vegetables

Add package of ranch dressing mix to veggies

Pasta Tubes and Tomato Salad...Penne pasta red tomato, yellow tomato, Italian dressing and parmesan cheese

Chinese Dressing

Ours is made with a sesame, soy based dressing.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 115 | |
| Calories from Fat | 102 | |
| Total Fat | 11.3g | |
| Saturated Fat | 1.7g | |
| Cholesterol | 1mg | |
| Total Carbohydrates | 3.2g | |
| Dietary Fiber | .02g | |
| Protein | .09g | |
| Vitamin A | 3% | |
| Vitamin C | 1% | |
| Iron | 3% | |
| Calcium | .01% | |
| Sodium | 696mg | |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Chinese Dressing | | | ✓ | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Italian Dressing

Home made from scratch.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 8 | |
| Calories from Fat | 0.1 | |
| Total Fat | .01 | |
| Saturated Fat | 0 | |
| Cholesterol | 0mg | |
| Total Carbohydrates | 1.8g | |
| Dietary Fiber | .04g | |
| Protein | .02g | |
| Vitamin A | 1% | |
| Vitamin C | .01% | |
| Iron | 5% | |
| Calcium | 2% | |
| Sodium | 1236mg | |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Italian Dressing | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Ranch Dressing

We now make our own dressing from scratch.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 153 | - |
| Calories from Fat | 149 | - |
| Total Fat | 16.6g | % |
| Saturated Fat | 3.4g | % |
| Cholesterol | 11mg | % |
| Total Carbohydrates | 1.12 g | % |
| Dietary Fiber | 0 g | % |
| Protein | .05 g | - |
| Vitamin A | - | 2 % |
| Vitamin C | - | 2 % |
| Iron | | 01 % |
| Calcium | - | 2 % |
| Sodium | 134mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Ranch Dressing | | | △ | ✓ | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
- ★ Contains modified food starch which may or may not contain wheat

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Thai Peanut Dressing

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | | |
| Calories from Fat | | |
| Total Fat | | |
| Saturated Fat | | |
| Cholesterol | | |
| Total Carbohydrates | | |
| Dietary Fiber | | |
| Protein | | |
| Vitamin A | | |
| Vitamin C | | |
| Iron | | |
| Calcium | | |
| Sodium | | |

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Allergen/Sensitivity Details

| | Milk | Wheat | Soy | Egg | Peanut | Tree nut | Fish | Shellfish | Gluten |
|----------------------|------|-------|-----|-----|--------|----------|------|-----------|--------|
| Thai Peanut Dressing | | | | | | | | | |

- ✓ Contains allergen/sensitivity
- △ Contains soybean oil which is not generally indicated as an allergen because it contains little or no amounts of soy protein
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Side Dishes

Baked Apples

Apples baked tender with sugar, cinnamon and other spices

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 147 | - |
| Calories from Fat | 11 | - |
| Total Fat | 1.2g | 2% |
| Saturated Fat | .06g | 3% |
| Cholesterol | 2 mg | 1% |
| Total Carbohydrates | 37g | 12% |
| Dietary Fiber | 5.8g | 23 % |
| Protein | .06g | 1% |
| Vitamin A | - | 3% |
| Vitamin C | - | 16% |
| Iron | | 4% |
| Calcium | - | 4% |
| Sodium | 9mg | - |

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Baked Beans

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 287 | - |
| Calories from Fat | 59 | - |
| Total Fat | 6.5g | 10% |
| Saturated Fat | .23g | 11% |
| Cholesterol | 16mg | 5% |
| Total Carbohydrates | 52.3g | 17% |
| Dietary Fiber | 8g | 32% |
| Protein | 8.9g | 18% |
| Vitamin A | - | 4% |
| Vitamin C | - | 11% |
| Iron | | 28% |
| Calcium | - | 12% |
| Sodium | 924mg | - |

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Baked Carrots

Carrots are first blanched in water then baked in the oven with grated onion, butter, garlic, salt and pepper...zesty good.

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 224 | - |
| Calories from Fat | 152 | - |
| Total Fat | 16.9g | 26 % |
| Saturated Fat | 3.4g | 17% |
| Cholesterol | 11mg | 4% |
| Total Carbohydrates | 16.9g | 5% |
| Dietary Fiber | 3.3g | 13% |
| Protein | 2.5g | 5% |
| Vitamin A | - | 325% |
| Vitamin C | - | 10% |
| Iron | | 8% |
| Calcium | - | 7% |
| Sodium | 245mg | - |

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Baked Chips

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | | - |
| Calories from Fat | | - |
| Total Fat | g | % |
| Saturated Fat | g | % |
| Cholesterol | mg | % |
| Total Carbohydrates | g | % |
| Dietary Fiber | g | % |
| Protein | g | % |
| Vitamin A | - | % |
| Vitamin C | - | % |
| Iron | | % |
| Calcium | - | % |
| Sodium | mg | - |

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Bok Choy Stir Fry

Bok Choy sautéed in sesame oil garlic, ginger soy sauce and brown sugar....

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 93 | - |
| Calories from Fat | 64 | - |
| Total Fat | 7.1 | 11 |
| Saturated Fat | 1.1g | 5% |
| Cholesterol | 0g | % |
| Total Carbohydrates | 6.9 | 2 |
| Dietary Fiber | 1.2g | 5 |
| Protein | 2g | 4% |
| Vitamin A | - | 102 |
| Vitamin C | - | 16 |
| Iron | | 11% |
| Calcium | - | 16 |
| Sodium | 236 | - |

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Chickpea Salad

Garbanzo beans (chickpeas), roma tomato, bell pepper, onion and garlic and herbs mixed together with olive oil...

Nutrition Information

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 163 | - |
| Calories from Fat | 69 | - |
| Total Fat | 7.7g | 12% |
| Saturated Fat | 1g | 5% |
| Cholesterol | 0mg | % |
| Total Carbohydrates | 22g | 7% |
| Dietary Fiber | 5.1g | 21% |
| Protein | 4.3g | 9% |
| Vitamin A | - | 6% |
| Vitamin C | - | 67% |
| Iron | - | 14% |
| Calcium | - | 6% |
| Sodium | 213mg | - |

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Couscous Salad Nutrition Information

We make ours in lots of different ways so we can not give you a complete nutritional info on it....This one is made with zucchini, basil green onion, lemon juice and feta cheese....

| Regular portion | Amount per Serving | % Daily Value† |
|----------------------------|--------------------|----------------|
| Calories | 532 | - |
| Calories from Fat | 118 | - |
| Total Fat | 13.1g | 20 % |
| Saturated Fat | 4.8g | 24% |
| Cholesterol | 22mg | 7% |
| Total Carbohydrates | 105.7g | 34% |
| Dietary Fiber | 7.7g | 31% |
| Protein | 21.2g | 42% |
| Vitamin A | - | 18% |
| Vitamin C | - | 26% |
| Iron | | 21% |
| Calcium | - | 21% |
| Sodium | 366mg | - |

† Percent Daily Values are based on a 2,000 calorie diet. The daily values for your child may be higher or lower depending on his/her calorie needs.

PLEASE NOTE:

This information provided by Blue Willo regarding our food is as complete as possible at the time of this publication: July 2010. The information on this list is reported to us by our suppliers and is based on Blue Willo standard recipes. Variations may occur depending on the supplier, and may change periodically which we will continue to track and update this list.

Blue Willo does not assume responsibility for a person's sensitivity or allergy to any food item provided in our lunch program. Please always consult your healthcare practitioner for questions regarding your diet.