

<p>Grilled Cheese on WG Bread (28 grams)  Tomato Soup (20 grams)  Carrot Pack (6 grams)</p>
<p>Mini Maple Bursting Pancakes (40 grams)  Sausage Links (0 grams)  Hash Brown (7 grams)  Carrot Pack (6 grams)</p>
<p>General Tso Chicken (26 grams)  Brown Rice (22 grams)  Steamed Broccoli (7 grams)  Carrot Pack (6 grams)</p>
<p>Hot Ham &amp; Cheese on WG Pretzel Roll (48 grams)  Vegetable Soup (5.82 grams)  Fresh Broccoli (2.85 grams)</p>
<p>Pizza Quesadilla (40 grams)  Leafy Green Salad w/ Vegetables (4 grams)  Carrot Coins (11 grams)</p>
<p>Stuffed Crust Pizza (35 grams)  Leafy Green Salad w/ Vegetables (4 grams)</p>
<p>Traveling Taco - Chips/Meat (41 grams )  Corn (27 grams)  Refried Beans (20 grams)</p>
<p>Taco on Tortilla (24 grams)  Brown Rice (22 grams)  Refried Beans (20 grams)  Corn (27 grams)</p>
<p>Popcorn Chicken (14 grams)  Mashed Potatoes (17 grams)  WG Roll (22 grams)  Corn (27 grams)  Gravy ( 1 gram)</p>
<p>Pulled Pork on WG Roll (28 grams)  Baked Beans (30 grams)  Carrot Pack (6 grams)  Ranch Dip Cup (9 grams)</p>
<p>Nacho Grande Meat (26 grams)  Whole Wheat Tortilla Chips (23 grams)  Cheese Sauce (5.4 grams)  Peas (13.48 grams)</p>
<p>Subway - Ham (44 grams)  Subway - Cold Cut Trio (43 grams)  Subway - Turkey (46 grams)  Subway - Subway Club (44 grams)  Carrot Pack (6 grams)  Ranch Dip Cup (9 grams)</p>
<p>Chicken Nuggets ( 65 grams)  Oven Fries (20 grams)</p>

<p>Steamed Broccoli (7 grams)  WG Roll (22 grams)</p>
<p>Chicken Nuggets (65 grams)  Sweet Potato Waffle Fries (17 grams)  Green Beans (4.3 grams)  WG Roll (22 grams)</p>
<p>Macaroni &amp; Cheese (32 grams)  Stewed Tomatoes (8.33 grams)  Steamed Broccoli (7 grams)</p>
<p>Cheeseburger on WG Roll (28 grams)  Oven Fries (20 grams)  Baked Beans (30 grams)</p>
<p>Bosco Sticks (54 grams)  Marinara Sauce (3 grams)  Mixed Veggies (4.12 grams)</p>
<p>Meatballs in Mariana Sauce on WG Roll (33 grams)  Potato Rounds (25 grams)  Leafy Green Salad w/ Vegetables (4 grams)</p>
<p>Chicken Patty Sandwich on Whole Grain Bun (42 grams)  Onion Rings (31 grams)  Peas/Carrots (10 grams)</p>
<p>French Bread Pizza (33 grams)  Garden Salad with Chick Peas (12 grams)</p>
<p>Cheesesteak Sub on Whole Grain Roll (49 grams)  Sweet Potato Fries (23 grams)  Winter Blend Veggies (2 grams)</p>
<p>Egg &amp; Cheese Omelet (3 grams)  Sausage Links (0 grams)  Hash Brown (7 grams)  Carrot Pack (6 grams)</p>
<p>Wings (20 grams)  Carrots/Celery and Ranch (4 grams)  Tater Tots (16 grams)</p>
<p>Macaroni &amp; Cheese (32 grams)  Soft Pretzel Rod (14 grams)  Stewed Tomatoes (8.33 grams)  Steamed Broccoli (7 grams)</p>
<p>Chicken Nuggets (65 grams)  Curly Fries (20 grams)  Green Beans (4.3 grams)  Whole Grain Roll (22 grams)</p>
<p>Chicken Alfredo Over Penne Pasta (33 grams)  Garden Salad (11 grams)  Garlic Bread (22 grams)</p>
<p>Sloppy Joe on Whole Grain Bun (29 grams)  Baked Beans (30 grams)  Yellow Sweet Corn (27 grams)</p>

Hot Turkey & Cheese on Pretzel Roll (48 grams)

Mashed Sweet Potatoes (21 grams)

Broccoli (7 grams)

Personal Cheese Pizza (40 grams)

California Blend (5 grams)

Corn Dog Nuggets (72 grams)

Steamed Broccoli (7 grams)

Baked Apple Crisp (56 grams)

Meatballs in Mariana Sauce on WG Roll (33 grams)

Glazed Carrots (11 grams)

Potato Rounds (25 grams)

Pizza Cheese Crunchers (105 grams)

Tossed Salad with Vegetables (4 grams)

Chicken Fingers (64 grams)

Shoestring Fries (20 grams)

Sweet Corn (27 grams)

Cheesy Pull-Apart - Garlic Mozzarella (35 grams)

Cheesy Pull-Apart - Spicy Buffalo (37 grams)

Marinara Sauce (3 grams)

Garden Salad (11 grams)

Cheese Calzone (33 grams)

Garden Salad with Chick Peas (12 grams)

French Toast Sticks (66 grams)

Sausage Links (0 grams)

Hash Brown (7 grams)

Carrot Pack (6 grams)

Chicken Nuggets (65 grams)  
Pizza Sticks (32 grams)  
Hot Dog on WG Roll (24 grams)  
Chicken Patty Sandwich (42 grams)  
Chicken Fries (70 grams)  
Fish Nuggets (22 grams)  
Fish Sticks (76 grams)  
Cheese Sandwich (34 grams)  
Pizza Quesadilla with Chicken (35 grams)  
Fish Sandwich (17 grams)  
Chef Salad (39 grams)  
Peanut Butter & Jelly (32 grams)  
Gluten Free Pizza (48 grams)  
Yogurt (38 grams)  
    with Nature Valley Graham Cracker (25 grams)

3 Bean Salad - 1/2 cup (14.16 grams)  
WG Buttered Noodles (25 grams)

Sweet Potatoes - Candied (37 grams)

Apple Pack (14 grams)  
Carrot Pack (6 grams)  
Grape Pack (15 grams)  
Whole Orange (12 grams)  
Whole Apple (19 grams)  
Apple Sauce (11 grams)  
Whole Banana (22 grams)

#### Canned Fruit

Diced Oranges (20 grams)  
Diced Pineapple (20 grams)  
Diced Peaches (20 grams)  
Mixed Fruit (17 grams)