

Meatball Sandwich On A Whole Wheat Roll (46 grams) Onion Rings (28 grams) Cup Broccoli (6 grams)
Mini Maple Bursting Pancakes (37 grams) Sausage Links (0 grams) Hash Brown (12 grams)
General Tso Chicken (26 grams) Brown Rice (22 grams) Broccoli (6 grams)
Hot Ham & Cheese on Pretzel Roll (48 grams) Curly Fries (20 grams) Sliced Carrots (6 grams)
Pizza Quesadilla (39 grams) Leafy Green Salad w/ Vegetables (2 grams)
Uno Pizza (31 grams) Tossed Salad (2 grams) Carrot Pack (6 grams)
Traveling Taco - Chips/Meat (41 grams ) Corn (27 grams) Refried Beans (20 grams)
Chicken Cheese Steak on WG Roll (36 grams) Onion Rings (18 grams) Peas/Carrots (10 grams)
Taco on Tortilla (16 grams) Brown Rice (22 grams) Refried Beans (20 grams) Corn (17 grams)
Popcorn Chicken (14 grams) Mashed Potatoes (17 grams) Corn (17 grams) Gravy (1 gram)
Pulled Pork on WG Roll (43 grams) Curly Fries (20 grams) Baked Beans (30 grams)
Nacho Grande Meat (26 grams) Whole Wheat Tortilla Chips (23 grams) Refried Beans (20 grams) Corn (17 grams)
Chicken Parm (12 grams) Penne Pasta (49 grams) Marinara Sauce (3 grams) Green Beans (7 grams)
Chicken Tenders (16 grams) Curly Fries (20 grams) Broccoli (6 grams)
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 (7 grams)
Chicken (2 grams) Penne Pasta (49 grams) Alredo Sauce (1 gram) Marinara Sauce (3 grams) Green Beans (7 grams)
Teriyaki Chicken (33 grams) Brown Rice (22 grams) Broccoli (6 grams)
Stuffed Crust Pizza (36 grams) Tossed Salad (2 grams) Carrot Pack (6 grams)
Chicken Alfredo Over Penn Pasta (33 grams) Graden Salad (2 grams) Bread Stick (22 grams)
Hot Turkey & Cheese on Preztel Bun (48 grams) French Fries (20 grams) Autumn Blend Veggies (10 grams)
Sloppy Joe on Whole Grain Bun (29 grams) Baked Beans (30 grams) Sweet Corn (17 grams)
General Tso Chicken (26 grams) Brown Rice (22 grams) Steamed Broccoli (6 grams) Carrot Pack (6 grams)
Wings (17grams) French Fries (20 grams) Side Salad (3.5 grams)
Macroni & Cheese (43 grams) Pretzel Rod (14 grams) Stewed Tomatoes (8.33 grams) Steamed Broccoli (6 grams)
French Bread Pizza (24 grams) Tossed Salad (2 grams) Celery Sticks with Ranch (11 grams)
New Orleans Mandarin Orange Chicken (15 grams) Brown Rice (22 grams) Steamed Broccoli (6 grams)
French Toast Sticks (36 grams) Sausage Patty (0 grams) Tater Tots (16 grams)
Cheeseteak Sandwich on Whole Grain Roll (49 grams) Cheese Sauce (3 grams) Sugar Snap Peas (20 grams)
Chicken Tenders (16 grams) Curly Fries (20 grams) Green Beans (7grams)

Bacon Cheeseburger on Whole Grain bun (26 grams)
Seasoned Sweet Potato Fry (23 grams)
Broccoli/Cauliflower (8 grams)
Pizza Sticks (30 grams)
Marinara Sauce (3 grams)
California Blend Veggies (5 grams)
Grilled Cheese on Whole Grain Bread (28 grams)
Tomato Soup (20 grams)
Carrot Pack (6 grams)
Stuffed Crust Pizza (36 grams)
Tossed Salad (2 grams)
Carrot Sticks with Dip (13 grams)
Baked Apple Crisp (56 grams)
Spaghetti & Meatballs (51 grams)
Sweet Potatoes (37 grams)
Ravioli (23 grams)
Sauce (9 grams)
Chicken Patty (16 grams)
French Fries (20 grams)
Steamed Broccoli (6 grams)
Pizza Cheese Crunchers (26 grams)
Tossed Salad (2 grams)
Mickey's Pizza (28 grams)
Tossed Salad (2 grams)
Whole Grain Cookie (33.51 grams)
Big Daddy Pizza (28 grams)
Tossed Salad (2 grams)
Whole Grain Cookie (33.51 grams)