	Fresh	Plate	)						Updated	Fall 2020
Monday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast .										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10	_	✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Intrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Chicken Masala	40z	309	5	24	0	42			✓	Milk
Masala Sauce	2oz	180	0	24	0	21		✓	✓	Milk
Grilled Chicken	4oz	129	5	0	0	21			✓	
Sides										
Mashed Potatoes	2oz	130	8	13	0	1.5		✓	✓	Milk
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Basmati Rice	2oz	158	0	18	0	2				7 7 95 7
/egetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	<b>√</b>	<b>√</b>	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3	✓	✓	✓	Soy
•								,		
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	<b>✓</b>	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan		Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
ettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Мауо	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	

Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	<b>✓</b>	
French Fries (Crinkle)	3oz	177	9	22	2	2	<b>✓</b>	<b>√</b>	✓	Soy
Desserts										,
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		<b>√</b>		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		<b>√</b>		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										7 30, 7
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Honeydew Melon	3oz	36	0	3	0.5	0	✓	✓	✓	
Cantaloupe	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
<u>Drinks</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓	
<u>Teas</u>										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	<b>✓</b>	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	<b>\</b>	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	<b>✓</b>	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	<b>√</b>	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	<b>✓</b>	✓	

F	resh Pl	ate							Updated	Fall 2020
Tuesday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breakfast_										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Waffles	1 each	105	1	20	1	4		✓		Wheat, Milk, Soy
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	<b>√</b>	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	<b>√</b>	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
ntrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
	1 Taco							,	<b>✓</b>	
Ground Beef Taco (Crispy Shell, Lettuce, Tomato, Cheese, Meat)		257	15	22	2	8.5			<b>V</b>	Milk, Soy
Cheese Enchilada	4oz	585.0	6	11	1	122			<b>✓</b>	Wheat, Milk, Soy
Grilled Chicken	4oz	129	5	0	0	21			<b>V</b>	
ides	_	05.5					-			
Spanish Rice	2oz	95.5	1.5	19	1	1.5	<b>√</b>	<b>√</b>	,	May contain wheat
Refried Beans	3oz	46.5	0.5	7.5	2.5	3	✓	<b>√</b>	<b>√</b>	
Salsa	1oz	4	0	1	0	0	✓	✓	✓	
Pico	1oz	4	0	1	0	0	✓	✓	<b>✓</b>	
/egetables	Serving Size		Fat (g)					Vegetarian		Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	<b>✓</b>	<b>√</b>	<b>√</b>	Soy
Mixed Squash and Zucchini	2oz	35.5	1.5	5	1	0.5	✓	✓	<b>√</b>	Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers									,	
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
heese Options	Serving Size		Fat	Carbs	Fiber	Protein	Vegan	Vegetarian		Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		✓	<b>√</b>	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
asic Toppings	Serving Size		Fat	Carbs	Fiber	Protein		Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	

French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										,
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M & M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										7 007 7
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	7 887 177
Fruit Cup	3oz	36	0	3	0.5	0	<b>✓</b>	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	<b>√</b>	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0				
Grapes - Red	1oz	20	0	5	0.5	0	<b>√</b>	✓	<b>√</b>	
Strawberries	1oz	28	0	7	0.5	0	<b>√</b>	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	<b>√</b>	✓	
<u>Drinks</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	<b>√</b>	<b>✓</b>	✓	
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:										
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓	
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	0	0	0	0	0	✓	✓	✓	
Unsweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Sweet Tea	16oz	184	0	46	0	0	✓	✓	✓	
Raspberry Tea	16oz	230	0	57.5	0	0	✓	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	<b>✓</b>	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size		,			Protein (g)		Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big of										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree	Nuts, Pork, and	d Sesame								

	Fresl	n Pla	te						Updated	Fall 2020
Wednesday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast .					10.		J			
Scrambled Eggs	3.5oz	119.5	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	300	28	0	0	12			✓	Pork
Biscuits	1 each	238	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	63	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Chorizo, Egg and 6" Tortilla	1 taco	313	19	18.5	2	16.5				Wheat, Milk, Egg, Soy, Pork
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10	Ŭ	✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	<b>✓</b>	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Vegetable Lasagna	4oz	136	6	13.5	2	7		<b>√</b>		Wheat, Milk, Egg, Soy
Lemon Pepper Tilapia (Breaded)	4oz	176	8	9	0	17				Wheat, Soy, Fish
Grilled Chicken	4oz	129	5	0	0	21			<b>✓</b>	
Sides										
Cabbage	2oz	38	2	3	1	2	✓	✓	✓	
Red Potatoes	2oz	70	2	11	1	2	✓	✓	✓	
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
/egetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	<b>√</b>	<b>√</b>	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	<b>✓</b>	Soy
Burgers										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467.04	26.56	33	1	24				Wheat, Soy
Cheese Options	Serving Size		Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		<b>√</b>	<b>✓</b>	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	<b>√</b>	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	<b>√</b>	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	,
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	<b>✓</b>	
			_							

Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
<u>Desserts</u>										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Fruit Cup	3oz	36	0	3	0.5	0	✓	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	✓	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0	✓	✓	✓	
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓	
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓	
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓	
Drinks	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	<b>√</b>	<b>√</b>	✓	- Ch
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
Juice:					-	-				
Apple Juice	16oz	224	0	56	0	0	✓	✓	<b>√</b>	
Cranberry Juice	16oz	272	0	68	0	0	✓	<b>✓</b>	<b>√</b>	
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	✓	<b>√</b>	✓	
Teas:			_							
Unsweet Tea	16oz	0	0	0	0	0	✓	<b>√</b>	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	<b>✓</b>	<b>√</b>	
Raspberry Tea	16oz	184	0	46	0	0	✓	<b>✓</b>	<b>√</b>	
Orange Crush	16oz	230	0	57.5	0	0	<b>√</b>	✓	✓	
Sodas:	Serving Size	1	Fat (g)		_	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	√	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	<b>✓</b>	<b>✓</b>	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	<b>√</b>	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	<b>✓</b>	<b>√</b>	<b>✓</b>	
Sprite	16oz	204	0	51	0	0	<b>✓</b>	<b>√</b>	✓	
Root Beer	16oz	200	0	50	0	0	<b>✓</b>	<b>√</b>	✓	
Powerade:	Serving Size		-	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	√ veguii	√ √	✓ ✓	, 81/ Contains
Mountain Blast-Blue	24 oz	168	0	42	0	0	<b>✓</b>	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓ ·	· ✓	·	
Yes = ✓	2 7 02	100	- 3	12	3	3				
Indicates a "Smart Choice" lower in fat and packed wi	th nutrients									
Allergy/Contains Column lists foods that may contain		eight								
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish			c and Sc	camo						
ioou alieigies. Wileat, Willk, 30y, Eggs, FISH, SHEII FISH	, realiuts, free	ivuts, POH	v, anu St	esaille						

	Fres	sh Plate	9						Updated	Fall 2020
Thursday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast						(8)	-0-			
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			<b>√</b>	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Waffles	1 each	105	1	20	1	4		✓		Wheat, Milk, Soy
Add Ons										, , , , , , , , , , , , , , , , , , , ,
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	, ,
Syrup	1 serving	116	0	29	0	0	<b>✓</b>	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	<b>√</b>	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	<b>✓</b>	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	-	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Chicken Fried Steak w/ Cream Gravy	4oz	365	20.5	31	1	14	8			Wheat, Milk, Soy, Whey
Chicken Fried Steak (Only)	4oz	244	12	22	1	14				Wheat, Milk, Soy, Whey
Cream Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Sov
Grilled Chicken	40z	129	5	0	0	21		•	<b>✓</b>	Wilcut, Wilk, Egg, 30y
Broccoli & Cheese Casserole	40z	167	10	14	1	5				Wheat,Milk,Soy,Whey
Sides	402	107	10	17	-	<u> </u>				vineac, ivink, 30 y, vviney
Rice	2oz	155	16.5	0	0	1.5	<b>√</b>	<b>√</b>	<b>√</b>	
Gravy	1oz	68	3	9	0	0		·		Wheat, Milk, Egg, Soy
Mac and Cheese	20z	86	4	8.5	0	4		·		Wheat, Milk, Soy
ivide difd effectse	202	0	7	0.5	0	<del>-</del>		•		Wilcut, Wilk, 30y
Vegetables	Serving Size	Calories	Fat (g)	Carbs (a)	Fiher (a)	Protein (a)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	√ √	√ Cgctarian	✓ ✓	Soy
Green Beans	30z	26	2	2	-		✓	· ✓	· /	Soy
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	<b>/</b>	<b>✓</b>	<b>✓</b>	Joy
Burgers	002	00.5			-					
Beef Patty	4oz	301	25	0	0	19			<b>✓</b>	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	<b>✓</b>	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467.04	26.56	33	1	24			1	Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber		Vegan	Vegetarian	Gluten Free	
American Cheese	1 Slice	61	5	0	0	4	- Cauli	vegetarian	√ ✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		· /	· ·	Milk

Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein		Vegetarian	Gluten Free	Allergy/Contains
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓		Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓		Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:										, , , , , , , , , , , , , , , , , , , ,
Carrot Cake	1 Slice	299	15	38	1	3		<b>√</b>		Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		<b>√</b>		Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree No
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	<b>✓</b>	✓	<b>✓</b>	1111000, 111111, 288, 334, 1100 11
Fruit Cup	3oz	36	0	3	0.5	0	<b>√</b>	✓	✓	
Honeydew Melon	3oz	27.5	0	2.3	0.5	0	1	<b>√</b>	<b>✓</b>	
Cantaloupe	60z	63.5	0	5.3	1	0				
Grapes - Red	1oz	20	0	5.5	0.5	0	<b>✓</b>	<b>√</b>	<b>✓</b>	
Strawberries	10Z	28	0	7	0.5	0	<b>✓</b>	<i>✓</i>	·	
Pineapple	10Z	14	0	3.5	0.5	0	<b>→</b>	<b>→</b>	<b>→</b>	
Drinks	Serving Size	Calories							Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	vegan	vegetarian √	√ √	Allergy/ Contains
Milk (whole)	160z	312	16	26	0	16		<b>→</b>	<b>✓</b>	Milk
Milk (2%)	160z	247.5	9.5	24.5	0	16		<b>→</b>	<b>✓</b>	Milk
Juice:	1002	247.5	9.5	24.5	U	10		•	•	IVIIR
Apple Juice	16	224	0	FC	0	0	<b>✓</b>	<b>√</b>	<b>✓</b>	
	16oz		0	56	0		<b>▼</b>	<b>▼</b>	<b>✓</b>	
Cranberry Juice	16oz	272	_	68	_	0	<b>∨</b> ✓	<b>∨</b> ✓	<b>✓</b>	
Orange Juice	16oz	224	0	54	0	2	•	<b>V</b>	•	
Raspberry Lemonade	4.6		-	0	_					
Teas:	16oz	0	0	0	0	0	<b>√</b>	<b>√</b>	<b>√</b>	
Unsweet Tea	16oz	144	0	36	0	0	<b>√</b>	✓	✓	
Sweet Tea	16oz	184	0	46	0	0	<b>√</b>	<b>√</b>	<b>√</b>	
Raspberry Tea	16oz	230	0	57.5	0	0	<b>√</b>	✓	✓	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)						Gluten Free	
Coke	16oz	208	0	52	0	0	✓	✓	✓	Allergy/Contains
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	

Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	Allergy/Contains
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in fat a	and packed with nutrients.									
Allergy/Contains Column lists foods that	t may contain one of the big	eight								
food allergies. Wheat, Milk, Soy, Eggs, F	Fish, Shell Fish, Peanuts, Tree	Nuts, Pork, and	Sesame							

	Fres	n Pla	ite						Updated	Fall 2020
Friday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
Pancakes	1 each	105	1	20	1	4		✓		Wheat, Soy, Milk
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	<b>√</b>	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	<b>√</b>	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	<b>√</b>	Milk, Soy
Sugar	1tsp	16	0	4	0	0	<b>✓</b>	<u> </u>	<b>✓</b>	, 551
Syrup	1 serving	116	0	29	0	0	√ ·	<u> </u>	· ✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	·	<u> </u>	·	
Breakfast Yogurt Bar	Serving Size		_		_	Protein (g)	-	Vegetarian		Allergy/Contains
Greek Yogurt	40z	80	0	10	0	10	- Cauri	vegetarian √	√ ✓	Milk
Strawberries	10z	28	0	7	0	0	<b>√</b>	<u> </u>	· /	IVIIIK
Granola	1.5oz	249	9	38	3	4	,	<u> </u>	•	Soy
Chocolate chips (mini)	1.30z 1/2oz	80	4	10	1	1			<b>✓</b>	Milk, Sov
Entrées Daily Specials	Serving Size					Protein (g)	Vegan	Vegetarian		Allergy/Contains
Fried Catfish	40z	114.5	9.5	16	1	13	vegan	vegetarian	Giuteii Fiee	Wheat, Fish
	40Z	105	9.5	0	0	24			<b>√</b>	Wileat, Fish
Baked Fish with Lemon Pepper				~	~				<b>✓</b>	
Grilled Chicken	4oz	129	5	0	0	21			v	NATIONAL PARIL CO
Baked Ziti (Pasta, Sauce, Beef, Mozzerella, Parmesar	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy
Sides								,		
Rice	2oz	155	16.5	0	0	1.5	<b>√</b>	<b>√</b>	<b>√</b>	
Cabbage	2oz	38	2	3	1	2	<b>√</b>	<b>√</b>	✓	
Pinto Beans	2oz	24	0	4.5	1	1.5	✓	✓	✓	
Hush Puppies	2ct.	169	9	20	1	2				
<u>Vegetables</u>	Serving Size				Fiber (g)	Protein (g)	Vegan		Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3		✓	✓	Margarine
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
Burgers_										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy
Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
American Cheese	1 Slice	61	5	0	0	4		√	✓	Milk, Soy
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk
Basic Toppings	Serving Size		Fat	Carbs	Fiber	Protein			Gluten Free	Allergy/Contains

Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓	
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓	
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓	307 = 7
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓	
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓	
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓	
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy
Desserts										
Cookies:										
Chocolate Chip	1 Cookie	193	9	26	1	2		✓	✓	Wheat, Milk, Egg, Soy
Snickerdoodle	1 Cookie	180	8	25	0	2		✓	✓	Wheat, Milk, Egg, Soy
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy
Cakes and Pies:	2 000	200				_				2000 200
Carrot Cake	1 Slice	299	15	38	1	3		✓	✓	Wheat, Milk, Egg, Soy
Cheese Cake	1 Slice	388	24	37	1	6		<b>√</b>	✓	Wheat, Milk, Egg, Soy
Chocolate Cake	1 Slice	304	12	46	2	3		<b>√</b>	<b>✓</b>	Wheat, Milk, Egg, Soy
Pecan Pie	1 Slice	525	25	70	1	5		<b>√</b>	<b>✓</b>	Wheat, Milk, Egg, Soy, Tree Nuts
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	<b>√</b>	✓	✓	1111000, 111111, 128, 007, 1100 1100
Fruit Cup	30z	36	0	3	0.5	0	<b>√</b>	✓	✓	
Honeydew Melon	30z	27.5	0	2.3	0.5	0	<b>√</b>	✓	✓	
Cantaloupe	6oz	63.5	0	5.3	1	0	<b>√</b>	✓	✓	
Grapes - Red	10z	20	0	5.5	0.5	0	<b>✓</b>	✓	✓	
Strawberries	10z	28	0	7	0.5	0	<b>✓</b>	<b>✓</b>	✓	
Pineapple	1oz	14	0	3.5	0.5	0	<b>√</b>	<b>✓</b>	<b>√</b>	
Drinks_	Serving Size		_				Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coffee	16oz	2	0	0	0	0.5	√ ·	√	✓	,e.gy, contains
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk
luice:	2002	2.7.0	3.5	2	-					
Apple Juice	16oz	224	0	56	0	0	<b>√</b>	<b>✓</b>	<b>✓</b>	
Cranberry Juice	16oz	272	0	68	0	0	<b>√</b>	<b>✓</b>	<b>✓</b>	
Orange Juice	16oz	224	0	54	0	2	<b>√</b>	✓	✓	
Raspberry Lemonade	16oz	240	0	60	0	0	<b>√</b>	✓	✓	
Teas:										
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓	
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓	
Raspberry Tea	16oz	184	0	46	0	0	✓	✓	✓	
			0	57.5	0	0	✓	✓	✓	
	16oz	230	U			_	l		1	1
Orange Crush					Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Orange Crush Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)			Vegan √	Vegetarian √	Gluten Free	Allergy/Contains
Orange Crush Sodas: Coke	Serving Size 16oz	Calories 208	<b>Fat (g)</b>	Carbs (g) 52	0	0		_		Allergy/Contains
Orange Crush Sodas: Coke Diet Coke	Serving Size 160z 160z	208 0.4	<b>Fat (g)</b> 0 0	<b>Carbs (g)</b> 52 0.1	0	0	✓	✓	✓	Allergy/Contains
Orange Crush Sodas: Coke Diet Coke Coke Zero	Serving Size	208 0.4 0.4	Fat (g) 0 0	52 0.1 0.1	0 0	0 0 0	√ √	✓ ✓	✓ ✓	Allergy/Contains
Orange Crush Sodas: Coke Diet Coke Coke Zero Dr. Pepper	Serving Size	208 0.4 0.4 210	0 0 0 0	52 0.1 0.1 52.5	0 0 0	0 0 0	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	Allergy/Contains
Orange Crush Sodas: Coke Diet Coke Coke Zero	Serving Size	208 0.4 0.4	Fat (g) 0 0	52 0.1 0.1	0 0	0 0 0	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓	Allergy/Contains

Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed w	ith nutrients.									
Allergy/Contains Column lists foods that may contain	one of the big	geight								
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish	n, Peanuts, Tre	e Nuts, Po	rk, and	Sesame						

	Updated	Fall 2020								
Friday	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	
Breakfast										
Scrambled Eggs	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk,Egg
Bacon	2 slices	70	6	0	0	4			✓	Pork
Sausage	2 patties	307	28	0	0	12			✓	Pork
Biscuits	1 each	180	8	23	1	18.5		✓		Wheat, Milk, Soy
Gravy	1oz	68	3	9	0	0		✓		Wheat, Milk, Egg, Soy
French Toast (Without Toppings)	2 Slices	309.5	9.5	41	0.5	15		✓		Wheat, Milk, Soy, Egg
Pancakes	1 each	105	1	20	1	4		✓		Wheat, Soy, Milk
Add Ons										
Powdered Sugar	1 tsp	10	0	2.5	0	0	✓	✓	✓	
Cinnamon	.25 tsp	2	0	0.5	0.5	0	✓	✓	✓	
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Sugar	1tsp	16	0	4	0	0	✓	✓	✓	-
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Breakfast Yogurt Bar	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Greek Yogurt	4oz	80	0	10	0	10		✓	✓	Milk
Strawberries	1oz	28	0	7	0	0	✓	✓	✓	
Granola	1.5oz	249	9	38	3	4		✓		Soy
Chocolate chips (mini)	1/2oz	80	4	10	1	1		✓	✓	Milk, Soy
Entrées Daily Specials	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fried Catfish	4oz	114.5	9.5	16	1	13				Wheat, Fish
Baked Fish with Lemon Pepper	4oz	105	1	0	0	24			✓	
Grilled Chicken	4oz	129	5	0	0	21			✓	
Baked Ziti (Pasta, Sauce, Beef, Mozz	8oz	774	36	76	5.5	36.5				Wheat, Milk, Soy
<u>Sides</u>										
Rice	2oz	155	16.5	0	0	1.5	✓	✓	✓	
Cabbage	2oz	38	2	3	1	2	✓	✓	✓	
Pinto Beans	2oz	44	0	8	2	3	✓	✓	✓	
Hush Puppies	2ct.	169	9	20	1	2				
<u>Vegetables</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
California Blend	2oz	30	2	3.5	1	1	✓	✓	✓	Soy
Fried Okra	3oz	141	5	21	1	3		✓		Wheat, Milk, Soy
Spinach	4oz	55	3	4	2	3	✓	✓	✓	Margarine
Fruit Cup (Honeydew, Cantaloupe)	6oz	63.5	0	5	1	0	✓	✓	✓	
<u>Burgers</u>										
Beef Patty	4oz	301	25	0	0	19			✓	
Hamburger Bun (only)	1 Bun	165.5	1.5	33	1	5	✓	✓		Wheat, Soy

Single Burger (Patty,Bun)	1 Burger	467	27	33	1	24				Wheat, Soy	
Cheese Options	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
American Cheese	1 Slice	61	5	0	0	4		<b>√</b>	✓	Milk, Soy	
Pepper Jack Cheese	1 Slice	74	6	0	0	5		✓	✓	Milk	
Basic Toppings	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Ketchup	1 pkt	10.8	0	2.5	0	0.2	✓	✓	✓		
Lettuce	1 piece	4	0	0.5	0.5	0.5	✓	✓	✓		
Mayo	1 pkt	76	8	1	0	0		✓	✓	Egg, Soy	
Mustard	1oz	10.5	0.5	1	0.5	0.5	✓	✓	✓		
Onion	2 slices/1oz	4	0	1	0	0	✓	✓	✓		
Pickle	4 slices	4	0	1	0.5	0	✓	✓	✓		
Tomato	2 slices	8	0	1.5	0.5	0.5	✓	✓	✓		
French Fries (Crinkle)	3oz	177	9	22	2	2	✓	✓	✓	Soy	
<u>Desserts</u>											
Cookies:											
Chocolate Chip	1 Cookie	193	9	26	1	2		✓	✓	Wheat, Milk, Egg, Soy	
Snickerdoodle	1 Cookie	180	8	25	0	2		✓	✓	Wheat, Milk, Egg, Soy	
M&M	1 Cookie	155	7	22	0	1				Wheat, Milk, Egg, Soy	
Cakes and Pies:											
Carrot Cake	1 Slice	299	15	38	1	3		✓		Wheat, Milk, Egg, Soy	
Cheese Cake	1 Slice	388	24	37	1	6		✓		Wheat, Milk, Egg, Soy	
Chocolate Cake	1 Slice	304	12	46	2	3		✓		Wheat, Milk, Egg, Soy	
Pecan Pie	1 Slice	525	25	70	1	5		✓		Wheat, Milk, Egg, Soy, Tree Nuts	
Fruit Cup	6oz	63.5	0	5	1	0	✓	✓	✓		
Honeydew Melon	1oz	12	0	3	0.5	0	✓	✓	✓		
Cantaloupe	1oz	9.2	0	2.3	0.5	0	✓	✓	✓		
Grapes - Red	1oz	20	0	5	0.5	0	✓	✓	✓		
Strawberries	1oz	28	0	7	0.5	0	✓	✓	✓		
Pineapple	1oz	14	0	3.5	0.5	0	✓	✓	✓		
<u>Drinks</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains	
Coffee	16oz	2	0	0	0	0.5	✓	✓	✓		
Milk (whole)	16oz	312	16	26	0	16		✓	✓	Milk	
Milk (2%)	16oz	247.5	9.5	24.5	0	16		✓	✓	Milk	
Juice:											
Apple Juice	16oz	224	0	56	0	0	✓	✓	✓		
Cranberry Juice	16oz	272	0	68	0	0	✓	✓	✓		
Orange Juice	16oz	224	0	54	0	2	✓	✓	✓		
Raspberry Lemonade	16oz	240	0	60	0	0	✓	✓	✓		
Teas:											
Unsweet Tea	16oz	0	0	0	0	0	✓	✓	✓		
Sweet Tea	16oz	144	0	36	0	0	✓	✓	✓		

Raspberry Tea	16oz	184	0	46	0	0	✓	✓	<b>✓</b>	
Orange Crush	16oz	230	0	57.5	0	0	✓	✓	✓	
Sodas:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Coke	16oz	208	0	52	0	0	✓	✓	✓	
Diet Coke	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Coke Zero	16oz	0.4	0	0.1	0	0	✓	✓	✓	
Dr. Pepper	16oz	210	0	52.5	0	0	✓	✓	✓	
Sprite	16oz	204	0	51	0	0	✓	✓	✓	
Root Beer	16oz	200	0	50	0	0	✓	✓	✓	
Powerade:	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Fruit Punch-Red	24 oz	136	0	34	0	0	✓	✓	✓	
Mountain Blast-Blue	24 oz	168	0	42	0	0	✓	✓	✓	
Lemon Lime-Yellow	24 oz	168	0	42	0	0	✓	✓	✓	
Yes = ✓										
Indicates a "Smart Choice" lower in f	at and packed	with nutr	ients.							
Allergy/Contains Column lists foods that may contain one of the big e										
food allergies. Wheat, Milk, Soy, Egg	gs, Fish, Shell F	ish, Peanu	its, Tree	Nuts, Pork	, and Sesa	me				