



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Breakfast						
Fruit Cup	80	0	5	21	2	1
Avocado Toast	620	5	1680	77	21	13
Plain Bagel	360	0	760	73	3	13
Spinach, Egg & Feta Cheese (plain bagel)	570	9	1340	75	3	26
Build Your Own Sandwich						
<i>Breads</i>						
Rustic Wheat	240	0	470	50	4	8
Gluten Free Multigrain	280	0	0	46	2	4
Build Your Own Sandwich						
<i>Proteins</i>						
Turkey	80	0	620	0	0	18
Chicken Breast	120	1	50	0	0	22
Ham	40	1	390	0	0	6
Build Your Own Sandwich						
<i>Cheese*</i>						
Provolone	110	5	210	1	0	7
Swiss	120	6	55	1	0	7
Cheddar	120	6	190	0	0	7
Build Your Own Sandwich						
<i>Vegetables</i>						
Lettuce, Spinach, Cucumbers, Onions, Basil	0	0	0	0	0	0
Tomato	5	0	0	1	0	0
Roasted Red Peppers	25	0	0	1	0	0
Pickles	0	0	220	1	0	0

***Omit Cheese for calorie and saturated fat savings**





Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Build Your Own Sandwich						
<i>Dressings</i>						
Dijon Mustard	5	0	150	0	0	0
Honey Mustard	15	0	65	1	0	0
Pesto	130	2	280	1	1	4
Sandwiches (full)						
Tejas Blue	490	3	1230	57	11	28
Blue Bird	500	4	910	50	3	28
Soups (Cup)						
Tomato Basil Bisque	120	4	650	13	2	2
Pizza (10")						
<i>Customize your pizza with added veggies</i>						
Cheese	530	7	1390	73	4	25
Mediterranean	730	11	1880	75	4	27
Street Taco	850	12	1760	90	8	33
Salads (entrée) Includes Dressing						
Pecan Apple Chicken	720	10	840	52	8	30
Ancient Grains Medley Bowl	280	1	310	13	0	37
Greek	480	8	1910	19	5	6

Fall 2022

