

Nutritional Information

Revised
8/31/22

Lunch Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Brunch for Lunch	2 sausage, 1 waffle	440	40	21	5.5	95	710	2	27	D,E,W
Chicken Sausage	2 sausage	200	2	12	3	80	500	0	22	none
Belgian Waffle	1 waffle	240	38	9	2.5	15	210	2	5	DEW
Burrito, Bean & Cheese	1 each	350	45	11	0	15	480	6	14	D,W
Chicken Tenders	2 tenders	110	6	6	1	23	200	1	10	W,S
Chicken, Popcorn	15 pieces	290	17	18	3.5	40	290	2	15	W,S
Chicken & Waffle	1 patty, 1 waffle	440	47	18	4	60	500	5	24	D,E,S,W
Chicken Patty	1 patty	200	9	9	1.5	45	290	3	19	S,W
Belgian Waffle	1 waffle	240	38	9	2.5	15	210	2	5	DEW
Corn Dog, Chicken	1 each	238	28	9	3	40	690	2	12	D,E,S,W
Flauquito, Chile & Cheese	1 each	334	30	15	8	21	573	3	20	D,S*,W
Hamburger	1 each	340	31	14	6	60	459	3	23	W
Hot Dog, Chicken	1 each	270	32	10	2.5	25	690	3	16	W
Mac & Cheese	6 oz	279	30	11	6	37	771	2	16	D,E,W
Pepperoni Pizza Stuffed Breadstick	1 each	250	30	9	4.5	25	510	3	11	D,W,P
Pizza Crunchers	4 each	420	41	20	9	30	670	6	20	D,W
Pizza, Cheese	1 slice	390	37	15	7	35	520	1	19	D,W
Pizza, Pepperoni	1 slice	370	34	18	9	35	580	3	20	D,W,P
Pupusa, bean & Cheese	1 each	290	35	11	3.5	15	480	4	13	D
Tamale, Chicken	1 each	290	26	16	2	35	680	2	11	none
Taquito, Beef	2 taquitos	257	28	9	3	44	86	3	19	S*
Taquito, Chicken	2 taquitos	227	27	4	0.5	55	226	5	22	none
Yogurt, Cheese, & Granola	4oz yogurt, 2oz granola, 1 string cheese	390	57	10.5	4	20	265	4	16	D
Yogurt	4oz	80	15	0.5	0	5	60	0	4	D
String Cheese	1 each	80	0	6	3.5	20	190	0	7	none
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none

***ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, S*=Soy Oil, W= Wheat, Pork=P**

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.

Nutritional Information

Revised
8/24/22

Breakfast Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Apple Oat Chewie Bar	1 each	298	52	9.5	3	29	192	5.5	5	D,E,W
Bagel	1 each	163	34	1	0	0	172	3	6	W
with Cream Cheese	1 each	70	1	6	3.5	15	115	0	2	D
Blueberry Muffin	1 each	223	39	6	1	30	115	3	4	D,E,S*,W
Cinnamon Crumb Loaf	1 each	290	47	9	2	35	180	2	5	D,E,S,W
Egg Chorizo Burrito	1 each	210	22	9	3	65	340	3	10	D,E,S,W
French Toast Sticks	2 sticks	240	38	7	1	10	260	2	6	D,E,S, W
Frudel, Apple	1 each	210	36	6	1	0	250	2	4	D,W,S*
Maple Chicken Sandwich	1 each	160	17	6	1.5	40	220	1	8	D,E,S*,W
Pan Dulce	1 each	200	34	6	1.5	5	90	2	5	E,W,S*
Sausage, Egg, & Cheese Muffin Sandw	1 each	280	25	12	3.5	115	640	2	17	D,E,S*,W
Waffles, Mini Maple	1 pack	200	35	5	1.5	0	220	4	4	D,E,S,W
Yogurt & Granola	4oz, 1 pouch	200	36	3	0	<5	65	2	7	D
Yogurt	4oz	80	15	0.5	0	<5	65	0	4	D
Granola (2oz)	2oz	240	42	5	0.5	0	0	4	6	none
Granola(1oz)	1oz	120	21	2.5	0	0	0	2	3	none
Cereal, Cheerios Apple	1 each	110	22	1.5	0	0	110	2	2	none
Cereal, Cheerios Fruity	1 each	120	25	1.5	0	0	140	2	2	none
Cereal, Cheerios Multigrain	1 each	100	23	1	0	0	110	2	2	none
Cereal, Cinnamon Chex	1 each	110	23	2	0	0	170	<1	1	none
Cereal, Cinnamon Toast Crunch	1 each	110	22	3	0.5	0	160	2	1	W,S
Cereal, Frosted Corn Flakes	1 each	110	24	0.5	0	0	170	1	1	none
Cereal, Frosted Mini Wheats	1 each	100	24	0.5	0	0	0	3	2	W
Cereal, Raisin Bran	1 each	110	27	0.5	0	0	125	4	3	W
String Cheese (comes with cereal)	1 each	80	0	6	3.5	15	200	0	6	D

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