

## Alternate Lunch Item Menu

Tuesday, Sep 1, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Goldfish Crackers	1 EACH	100	0	170	1.00	0.72	20.00	0	0.00	0.00	2.00	14.00	4.00	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50

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## Alternate Lunch Item Menu

Wednesday, Sep 2, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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# Alternate Lunch Item Menu

Thursday, Sep 3, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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# Alternate Lunch Item Menu

Friday, Sep 4, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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## Alternate Lunch Item Menu

Monday, Sep 7, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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## Alternate Lunch Item Menu

**Tuesday, Sep 8, 2020**

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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## Alternate Lunch Item Menu

Wednesday, Sep 9, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00

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# Alternate Lunch Item Menu

Thursday, Sep 10, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Friday, Sep 11, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Monday, Sep 14, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Tuesday, Sep 15, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Wednesday, Sep 16, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Thursday, Sep 17, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Friday, Sep 18, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Monday, Sep 21, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00

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## Alternate Lunch Item Menu

Tuesday, Sep 22, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Wednesday, Sep 23, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Thursday, Sep 24, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Friday, Sep 25, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Monday, Sep 28, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Tuesday, Sep 29, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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## Alternate Lunch Item Menu

Wednesday, Sep 30, 2020

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
Chicken Drumstick	1 EACH	160	90	320	0.00	0.72	0.00	0	0.00	0.00	16.00	2.00	10.00	2.50
Baked Chicken w/Pretzel	SERVING	280	70	670	2.00	1.80	20.00	0	0.00	0.00	18.00	22.00	12.50	2.50
Chicken & Cheese Taquitos/WGR	SERVING/2 EACH	311	50	452	3.00	2.70	80.00	0	0.00	1.00	16.07	26.00	18.11	8.57
Chicken Tamale	1 EACH	320	40	540	3.00	2.70	80.00	200	21.00	1.00	19.00	30.00	17.00	2.00
Breaded Chicken Sliders WGR	PACKAGE	350	25	580	6.00	3.00	79.00	0	0.00	7.00	19.00	45.00	11.00	2.00
Veggie Burger Mini Twin	1 EACH	310	15	460	6.00	2.70	150.00	200	15.00	7.00	14.00	40.00	12.00	3.50
Turkey Ham & Cheese	1 Each	315	68	815	3.00	2.72	193.85	45	0.00	6.99	21.49	33.95	10.00	3.25
Turkey & Cheese Sandwich	SANDWICH	255	34	761	3.00	2.00	193.85	45	0.00	4.99	21.16	30.95	5.00	1.58
Bean&Cheese Burrito/WGR	1 EACH	350	15	480	6.00	5.40	150.00	100	0.00	4.00	14.00	45.00	11.00	0.00
Teriyaki Beef & Rice	SERVING	245	40	440	2.00	1.80	20.00	0	0.00	4.00	16.00	24.50	8.50	3.50
Orange Chicken/ Rice	SVG.	235	40	280	1.00	1.08	0.00	0	1.20	10.00	13.00	37.50	3.50	0.50
Wheat Crackers	1 EACH	180	0	370	2.00	8.10	14.00	0	0.00	4.00	3.00	30.00	6.00	1.00
Hot Dog/WGR	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
Travelin Taco	4.0 servings.	342	0	413	7.49	2.46	97.89	180	1.61	0.54*	8.13	44.51	15.07	1.51

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