

2017-18

## VHS LUNCH ENTREES

Food Item	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
<b>MONDAY</b>										
Hot Dog	471350	1 each	170	16	6	1	0	280	No known allergens	Y
Hot Dog Bun	Am 2918	1 each	110	2	0	20	3	200	Wheat	N
Cheddar Jack Burger	NK 158	1 each	419	21	9	29	2	419	Milk, Wheat	N
Grilled Cheese Panini	Recipe	1 each	357	18	10	31	3	600	Milk, Wheat, Soy	N
Crispy Chicken Filet	509728	1 each	240	13	3	13	1	490	Soy, Wheat	N
Hamb. Bun	AM3159	1 each	160	2	0	29	2	180	Wheat	N
Seasoned Potato Wedges	199080	1/2 cup	120	5	1	18	1	430	Wheat	N
Personal Pan Pizza, Cheese	VE 56766	1 each	480	18	10	60	3	800	Milk, Wheat, Soy	N
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	3	2	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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<b>TUESDAY</b>										
Chicken and Waffles										
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Belgian Waffle Sticks	206602	2 each	140	2	0	27	2	250	Milk, Soy, Eggs, Wheat	N
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Red Sauce Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y
Chicken and Waffles										
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Belgian Waffles	206602	1 whole	180	6	1	27	0	370	Milk, Soy, Eggs, Wheat	N
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Pulled Pork	BRFarm	4 oz	299	17	6	17	0	233	No known allergens	Y
Mini Slider Buns	676171	2 buns	200	2	0	38	1	380	Wheat	N
Chicken Drumstick	603391	1 each	190	11	3	5	1	450	Wheat	N
Biscuit	890071	1 each	180	4.5	0	26	7	570	Wheat, Milk	N
Chicken Tenders	214162	3 each	195	6.75	1	15	0	540	No known allergens	Y
Crispy Cube Potatoes	504122	1/2 c	130	6	2	18	2	270	Wheat	N
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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<b>WEDNESDAY</b>										
Nacho Grande Bowl										
Beef Taco Meat	722330	3.2 oz	111	5	1.8	5	2	292	Soy	Y
Jalapeno Cheese Sauce	135271	1.0 oz	43	3	2	1.3	0	183	Milk, Soy	Y
Tortilla Chips	163020	2 oz	300	12	2	42	4	150	No known allergens	Y
Boneless Chicken Wings	561301	5 each	200	9	2	13	3	330	Wheat, Soy	N
Breadstick	406321	1 each	70	1	0	14	1	95	Wheat	N
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Buffalo Chicken Pizza	627101	1 slice	390	19	7	35	3	740	Milk Wheat Soy	N
Mini Quesadillas, Cheese	198961	3 each	260	10	2.5	30	3	600	Wheat, Soy	N
Italian Flatbread Sandwich	Recipe	1 each	459	24.3	1	19	2	1338	Milk, Wheat	N
Tator Tots	141510	1/2 cup	130	6	1	16	2	310	No known Allergies	Y
Pasta, Penne	635501	1 cup	200	1	0	41	2	0	Wheat	N
Italian Cheese Sauce	235631	6 oz	260	20	12	6	0	1080	Milk	Y
Spaghetti Sauce with Beef	573201	5.6 oz	170	7	3	9	2	290	No known allergies	Y
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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<b>Food Items</b>	<b>Item Code</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Common Allergens Present</b>	<b>Gluten Free?</b>
<b>THURSDAY</b>										
Baked Rotini	Recipe	7 oz	285	7	3	42	4	196	Wheat, Soy, Milk	N
Garlic Toast	277862	1 each	80	4	1	11	1	150	Wheat, Soy, Milk	N
Chicken Parm Sandwich	Recipe	1 each	465	19	5	46	3	817		N
Bosco Sticks with	235411	2 each	280	10	6	30	2	420	Wheat, Milk	N
Marinara Sauce Cup	677721	1 each	40	1	0	8	1	230	No known allergens	Y
Cheddar Jack Burger	NK 158	1 each	419	21	9	29	2	419	Milk, Wheat	N
Homemade Lasagna	NK30	1 piece	383	15	8	31	3	608	Milk, Wheat	N
Personal Pan Pizza, Cheese	VE 56766	1 each	480	18	10	60	3	800	Milk, Wheat, Soy	N
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	3	2	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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**FRIDAY LUNCH ENTREES**

Food Item	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
<b>FRIDAY</b>										
Chicken Nuggets	509736	7	322	16	3	20	1	784	Soy, Wheat	N
Roll	AM4372	1 each	100	2	0	19	2	125	Wheat	N
General Tso's Chicken	567271	5 oz	280	15	3	13	0	360	Soy, Wheat	N
Rice	722987	1 cup	170	0	0	37	0	0	No known Allergens	Y
Fortune Cookie	898991	1 each	137	1	0	30	0	0	Wheat, Eggs, Soy	N
Big Daddy Primo Cheese Pizza	667772	1 slice	370	15	7	36	3	500	Milk, Wheat, Soy	N
Viking Burger	NK 93	1 each	598	37	15	33	4	760	Milk, Soy, Wheat	N
Classic French Fries	199910	1/2 cup	150	6	1	22	2	400	Wheat	N
Popcorn Chicken Bowl										
Chicken Smackers	536620	10 each	270	13	3	20	3	590	Milk, Soy, Wheat	N
Mashed Potatoes	613738	1/2c	70	0	0	14	1	310	Milk	Y
Corn	610782	1/4 c	35	0	0	8	1	0	No known Allergens	Y
Cheese	150250	1/2 oz	55	5	3	1	0	95	Milk	Y
Gravy	552061	1 fl. Oz	20	1	0	3	0	65	Milk, Soy, Wheat, Eggs	N
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	3	2	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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**DELI GRAB 'N GO ENTREES**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
<b>Deli</b>										
Un crustable (PBJ)	516761	1 each	630	33	7	64	6	630	Peanuts, Wheat	N
Crispy Chicken Salad	Recipe	1 each	481	25	8	35	4	798	Milk, Soy, Wheat	N
Veggie Salad	Recipe	1 each	520	24	15	62	5	776	Wheat, Eggs, Milk	N
Veggie Protein Box	Recipe	1 each	610	31	13	58	10	660	Wheat, Milk, Soy, Eggs	N
Deli Turkey Sandwich	Recipe	1 each	339	12	5	35	5	683	Wheat, Milk, Soy	N
Fruit Protein Box	Recipe	1 each	715	16	6	450	122	24	Wheat, Milk, Soy, Eggs	N
Alternate Meal: SMALL PBJ Un crustable 2.6z	527462	1 each	320	17	3.5	32	3	320	Wheat, Peanuts	N

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**HARVEST BAR OPTIONS (Included with all Lunch and Grab 'n Go Entrees)**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
Romaine Salad	NK 148	1/2 cup	6	0	0	1	0.5	0	No known allergens	Y
Apples	742300	1 each	70	0	0	19	3	0	No know allergens	Y
Apples Golden	702541	1 each	70	0	0	19	3	0	No known allergens	Y
Apple Slices	473171	1 pkg	28.5	0	0	7	1.7	2.9	No known allergens	Y
Bacon Bits		.25 oz	35	2	1	0	0	160	No known allergens	
Banana	197769	1 each	105	0.4	0.1	27	3.1	1.2	No known allergens	Y
Black Beans	231981	1/4 cup	60	0.25	0	11.5	3	140	No known allergens	Y
Celery	781592	1/2 cup	7.5	0	0	2	1	50	No known allergens	Y
Cucumbers	198587	1/2 cup	4	0	0	1	0	0	No known allergens	Y
Fresh Broccoli	732451	1/2 cup	15	0.2	0	3	1.1	14.5	No known allergens	Y
Fresh Carrots	510637	1/2 cup	52	0	0	12	4	88	No known allergens	Y
Frozen Strawberries	293393	1/2 cup	100	0	0	25	1.3	0	No known allergens	Y
Fruitable- Reg	272122	1 each	60	0	0	14	0	15	No known allergens	Y
Garbanzo Beans	597991	0.25	0.5	0	1	9.5	2	70	No known allergens	Y
Grape Tomato	129631	1/2 cup	18	0	0	6	0	6	No known allergens	Y
Grapes	280895	1/2 cup	60	0	0	15	0.66	10	No known allergens	Y
Green Peppers	198757	1/2 cup	15	0	0	3.5	1.5	0	No known allergens	Y
Hummus	591582	2 oz	120	4	na	6	2	180	No known allergens	Y
Juice	698261	1 each	40	0	0	9	0	10	No known allergens	Y
Mandarin Oranges	612448	1/2 cup	60	0	0	14	0	10	No known allergens	Y
Michigan Fruit Blend	222300	1/2 cup	50	0	0	12	1	15	No known allergens	Y
Orange	198021	1 each	80	0	0	21	7	0	No known allergens	Y
Peaches	256760	1/2 cup	50	0	0	14	1	5	No known allergens	Y
Pickle Spears	107352	2 each	0	0	0	0	0	210	No known allergens	Y
Pickled Jalapenos	499943	1 oz	5	0	0	1	1	280	No known allergens	Y
Pico de Gallo	NK 171	1/4 cup	12	0	0	2.9	0.7	39.6	No known allergens	Y
Pineapple	189979	1/2 cup	75	0	0	20	1	1.2	No known allergens	Y
Red Peppers	560715	1/2c	20	0	0	4.5	1.5	0	No known allergens	Y
Salsa	452841	1/4 cup	20	0	0	4	2	140	No known allergens	Y

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Strawberries	212768	1/2 cup	25	0	0	5.5	3	0	No known allergens	Y
Sugar Snap Peas	778214	1/2 cup	12.6	0	0	2.6	1	0	No known allergens	Y
Whole Grain Roll	AM 4372	1 each	100	1.5	0	19	2	125	Wheat	N
Ketchup	819492	1 T	20	0	0	5	0	160	No known allergens	Y
Mustard packet	109908	1 each	0	0	0	0	0	65	No known allergens	Y
Mayo- Lite packet	188741	1 each	50	4.5	0.5	2	0	70	Eggs	Y
Ranch Dressing	676210	2 T	160	17	3	1	0	240	Eggs, Milk, Soy	Y
Syrup	160090	1 each	120	0	0	31	0	0	No known allergens	Y
Salsa Cup	677802	1 each	30	0	0	6	0	210	No known allergens	Y
Parmesan Cheese	445401	1 T	20	2	1	0	0	70	Milk	Y
Hot Sauce- Chamula	204850	1 t	0	0	0	0	0	80	No known allergens	Y
BBQ Sauce	664950	2 T	40	0	0	9	0	390	No known allergens	Y

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**BREAKFAST (Available Every Day)**

Food Items	Item Code	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Common Allergens Present	Gluten Free?
<b>EVERY DAY</b>										
Ham & Cheese Croissant	NK 29	1 each	347	16.3	6	32	2	750	Milk, Eggs, Soy, Wheat	N
Breakfast Pizza Turkey Sausage	160432	1 each	220	8	2	27	3	460	Milk, Wheat, Soy	N
Sausage Biscuit	Recipe									
Dutch Waffle, Whole Grain	607351	1 each	330	13	3	50.5	3	350	Egg, Milk, Soy, Wheat	N
Glazed Donut, Whole Grain	556582	1 each	351	16	7	48	3	300	Milk, Soy, Wheat	N
100% Apple Juice	118921	1 each	50	0	0	13	0	10	No known allergens	Y
100% Grape Juice	118940	1 each	80	0	0	19	0	20	No known allergens	Y
100% Orange Juice	118930	1 each	60	0	0	13	0	0	No known allergens	Y
FF Chocolate Milk		1 each	120	0	0	20	0	180	Milk	Y
1% Lowfat White		1 each	110	2.5	1.5	13	0	130	Milk	Y
Fat-Free White		1 each	90	0	0	13	0	130	Milk	Y

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