



# Sample Entrées

## Monday



### Herb Roasted Chicken

#### Nutrition Facts

\*Nutrients are based upon  
1 Portion Size (Regular)

<b>Calories</b>	341	kcal
<b>Total Fat</b>	16.85	g
Saturated Fat	3.61	g
Trans Fat <sup>1</sup>	0.00*	g
<b>Cholesterol</b>	147.42	mg
<b>Dietary Fiber</b>	2.11	g
<b>Sodium</b>	314.15	mg
<b>Carbohydrates</b>	18.67	g
<b>Protein</b>	27.75	g
<b>Vitamin A</b>	73.47	RE
<b>Vitamin A</b>	291.81	IU
<b>Vitamin C</b>	13.09	mg
<b>Calcium</b>	32.31	mg
<b>Iron</b>	1.59	mg

\* denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> denotes optional nutrient values

## Tuesday



### Yogurt Parfait

#### Nutrition Facts

\*Nutrients are based upon  
1 Portion Size (Regular)

<b>Calories</b>	408	kcal
<b>Total Fat</b>	10.91	g
Saturated Fat	2.99	g
Trans Fat <sup>1</sup>	0.00*	g
<b>Cholesterol</b>	15.00	mg
<b>Dietary Fiber</b>	5.46	g
<b>Sodium</b>	211.85	mg
<b>Carbohydrates</b>	65.76	g
<b>Protein</b>	14.94	g
<b>Vitamin A</b>	30.03	RE
<b>Vitamin A</b>	150.18	IU
<b>Vitamin C</b>	7.53	mg
<b>Calcium</b>	360.04	mg
<b>Iron</b>	0.36	mg

\* denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> denotes optional nutrient values

## Wednesday



### Bagel Dog

#### Nutrition Facts

\*Nutrients are based upon  
1 Portion Size (Regular)

<b>Calories</b>	254	kcal
<b>Total Fat</b>	14.87	g
Saturated Fat	4.31	g
Trans Fat <sup>1</sup>	0.00*	g
<b>Cholesterol</b>	30.00	mg
<b>Dietary Fiber</b>	0.81	g
<b>Sodium</b>	443.96	mg
<b>Carbohydrates</b>	20.39	g
<b>Protein</b>	9.50	g
<b>Vitamin A</b>	32.71	RE
<b>Vitamin A</b>	163.48	IU
<b>Vitamin C</b>	0.88	mg
<b>Calcium</b>	3.49	mg
<b>Iron</b>	1.50	mg

\* denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> denotes optional nutrient values

## Thursday



### Chicken Caesar Salad

#### Nutrition Facts

\*Nutrients are based upon  
1 Portion Size (Regular)

<b>Calories</b>	436	kcal
<b>Total Fat</b>	24.92	g
Saturated Fat	7.61	g
Trans Fat <sup>1</sup>	0.00*	g
<b>Cholesterol</b>	71.30	mg
<b>Dietary Fiber</b>	5.05	g
<b>Sodium</b>	957.94	mg
<b>Carbohydrates</b>	19.34	g
<b>Protein</b>	33.23	g
<b>Vitamin A</b>	498.27	RE
<b>Vitamin A</b>	14727.64	IU
<b>Vitamin C</b>	6.72	mg
<b>Calcium</b>	492.40	mg
<b>Iron</b>	3.05	mg

\* denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> denotes optional nutrient values

## Friday



### Ham & Cheese S sammie

#### Nutrition Facts

\*Nutrients are based upon  
1 Portion Size (Regular)

<b>Calories</b>	357	kcal
<b>Total Fat</b>	13.63	g
Saturated Fat	7.83	g
Trans Fat <sup>1</sup>	0.00*	g
<b>Cholesterol</b>	47.81	mg
<b>Dietary Fiber</b>	2.63	g
<b>Sodium</b>	735.10	mg
<b>Carbohydrates</b>	39.95	g
<b>Protein</b>	18.66	g
<b>Vitamin A</b>	76.35	RE
<b>Vitamin A</b>	826.34	IU
<b>Vitamin C</b>	0.24	mg
<b>Calcium</b>	204.48	mg
<b>Iron</b>	2.49	mg

\* denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> denotes optional nutrient values



# Sample Entrée Menu

Each entrée comes with a choice of fresh fruit or veggie, side, and a drink.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<ul style="list-style-type: none"> <li>Cheese Ravioli with Marinara   VEG</li> <li>Hot Dog</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Egg Rolls   VEG</li> <li>Bean and Cheese Burrito   VEG</li> <li>Coleman Natural Cheeseburger</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Buffalo Veggie Nuggets   VEG</li> <li>Beef Enchiladas   GF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>Pepperoni Pizza Pocket</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Enchiladas   VEG</li> <li>Perfect Pesto Pasta   VEG</li> <li>Oven-Baked Chicken Tenders   DF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Pan-Seared Potstickers</li> <li>BBQ Chicken   GF</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>Turkey with Mashed Potatoes</li> <li>Teriyaki Chicken Bowl   DF</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Enchiladas   GF</li> <li>Baked Ziti   VEG</li> <li>Coleman Natural Hamburger</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Burrito</li> <li>Shepherd's Pie   GF</li> <li>Oven-Baked Chicken Tenders   DF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Three Bean Chili with Corn Muffin   GF   VEG   V</li> <li>Teriyaki Chicken Bowl   DF</li> <li>Broccoli Cheddar Soup   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Buttered Noodles   VEG</li> <li>Classic Spaghetti and Meatballs</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>Gluten-Free Chicken Strips   GF   DF</li> <li>Tandoori Chicken</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Bean and Cheese Burrito   VEG</li> <li>Three-Layer Beef Lasagna</li> <li>Gluten-Free Chicken Strips   GF   DF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Pepperoni Pizza Pocket</li> <li>Cheese Ravioli with Marinara   VEG</li> <li>Coleman Natural Cheeseburger</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Beef Enchiladas   GF</li> <li>Perfect Pesto Pasta   VEG</li> <li>Teriyaki Chicken Bowl DF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Taquitos</li> <li>BBQ Chicken</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>Buttered Noodles   VEG</li> <li>Fish Sticks</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Hot Dog</li> <li>Cheese Tamale   VEG</li> <li>Pan-Seared Potstickers</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Carnitas Burrito</li> <li>Coleman Natural Cheeseburger</li> <li>Spaghetti with Marinara   VEG   V</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Shepherd's Pie   GF</li> <li>Cheese Pizza Pocket   VEG</li> <li>Oven-Baked Chicken Tenders   DF</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Ravioli with Marinara   VEG</li> <li>Cheese Pizza   VEG</li> <li>Annie's Macaroni and Cheese   VEG</li> <li>12 Daily Cold Entrées (see below)</li> </ul>

## Daily Cold Entrées

Choicelunch offers a different selection of 12 cold entrées daily from the list below.

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|---|--|---|
| <ul style="list-style-type: none"> <li>Turkey Pesto Ciabatta</li> <li>Asian Chicken Salad</li> <li>Bagel with Cream Cheese</li> <li>BBQ Chicken Salad</li> <li>Avocado Sushi Roll</li> <li>Chicken Caesar Salad</li> <li>Tuna Salad Sandwich</li> </ul> | <ul style="list-style-type: none"> <li>Italian Sub</li> <li>Egg Salad Sandwich</li> <li>California Sushi Roll</li> <li>Ham and Cheese Hoagie</li> <li>Turkey Sandwich</li> <li>Gluten-Free Yogurt Parfait</li> <li>Turkey Torpedo Sub</li> </ul> | <ul style="list-style-type: none"> <li>Hummus and Pita Triangles</li> <li>Chicken Caesar Wrap</li> <li>Cucumber Sushi Roll</li> <li>Taco Salad</li> <li>Ham and Cheddar Lettuce Wrap</li> <li>Sunbutter and Jam Sammie</li> </ul> |
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VEG Indicates vegetarian entrée  
GF Indicates gluten-free entrée

V Indicates vegan entrée  
DF Indicates dairy-free entrée

## About Our Meals

All meals include an entrée pre-ordered by the parent. Students choose from a variety of sides, cold beverages, and freshly cut fruits and vegetables.

Pizza is delivered fresh from a local provider. All other entrées are made fresh in our kitchen, using "clean-label," natural ingredients.

Our menu features local, sustainable and organic ingredients whenever possible.