

Breakfast Items:

Cheese String – Skim milk mozzarella cheese string. Individually wrapped

Egg and Cheese Sandwich – Fully cooked egg, American cheese, whole grain bun. Individually wrapped

Egg and Cheese Muffin – Fully cooked egg, American cheese, whole grain muffin. Individually wrapped

Chicken Biscuit – Fully cooked whole grain breaded chicken patty on a whole grain flour biscuit.
Individually wrapped

Grits – Corn Grits

Sausage Links – Turkey Sausage Links

Cinnamon Rolls – Whole Wheat flour cinnamon rolls. Individually wrapped

Cheerios Cereal – Whole Grain cereal. Individually wrapped

Beef Breakfast Sandwich – Fully cooked whole grain beef breakfast patty w/ whole grain biscuit.
Individually wrapped

Scrambled Eggs – Liquid scrambled eggs blend

Breakfast Biscuit – Fully Cooked Whole Grain Biscuit

Cinnamon Bagel – Whole Wheat flour, raisins, cinnamon bits, cornmeal. Individually wrapped

Yogurt – Pasteurized grade A low fat milk, sugar, corn starch,

Lunch Items:

Red Beans and Brown Rice – Red beans w/ onion, peppers, turkey sausage, and seasoning.

Cornbread – Whole wheat flour, cornmeal, sugar, baking powder, egg mixture, milk

Pizza Pasta - Diced Chicken breast, sliced pepperoni, marinara sauce, bell pepper, onions, oregano, mozzarella cheese w/ whole grain penne pasta

Chicken Tenders – Whole grain breaded chicken tenders

Chili w/ Brown Rice – Ground turkey, spices, onion, bell pepper, diced tomato, red kidney beans, low sodium beef base w/ brown rice

Whole Grain Biscuit

Sloppy Joe – 81/91 ground beef, onion, tomato paste, mustard, black pepper, brown sugar, spices on whole grain hamburger bun

Lasagna – Ground turkey, onion, spices, black pepper, creole seasoning, tomatoes, mozzarella cheese, whole grain pasta

Whole Grain Cheesy Bread Stick

BBQ Chicken Thigh – 4.66oz chicken thigh w/ spices and bbq sauce

Baked Beans - Great Northerner dried beans, ketchup, bbq sauce, brown sugar, onion, mustard, tomato paste, spices

Pepperoni Pizza – Beef Pepperoni, marinara sauce, mozzarella cheese, on whole wheat breadstick crust

BBQ Pulled Pork – pork shoulder, bbq sauce on whole grain hamburger bun

Stewed Chix Thigh – 4.66oz chicken thigh, margarine, onion, celery, insta roux, spices, black pepper

Taco Meat – Ground Turkey, onion, spices, tomato paste, spices

Cheese Pizza - Mozzarella cheese, marinara sauce on whole wheat breadstick crust

Mac and Cheese – Whole Grain elbow noodles, cheddar cheese, margarine, flour, cornstarch, milk, black pepper

Spaghetti and Meatballs – Fully Cooked turkey chicken meatballs, onion, pepper, spices, sugar, tomatoes, whole grain spaghetti pasta

Gumbo w/ brown rice – Diced chicken breast, smoked turkey sausage, cut okra, onions, celery, bell pepper, insta roux, brown sauce flavorings, low sodium chicken base, black pepper, spices

Pinwheel - Calzone style whole wheat bread base filled with marinara and mozzarella cheese and the corners pulled to the middle to create a pinwheel. Baked item.

Meat sauce and spaghetti – 81/19 ground beef, onions, black pepper, tomato paste, salt, spices

Turkey and Cheese Panini – Deli sliced turkey breast, Cheddar Cheese, Mayo, Whole wheat flour

Turkey and cheese Ciabatta – Deli sliced turkey breast, Cheddar Cheese, Mayo, Whole wheat flour

Salisbury steak w/ gravy onion – Salisbury Steak (Ground beef, bell peppers, onions, wheat bread crumbs, salt) w/ insta roux, bell pepper, onion, black pepper, salt, spices, creole seasonings, low sodium beef base, mirepoix base gravy

Cheeseburger Meatloaf – Ground beef, cheddar cheese, whole wheat bread crumbs, seasonings, onions, beef stock, tomato paste

White Beans and Brown Rice – Great Northern white beans, onions, bell peppers, smoked turkey sausage, creole seasonings, spices w/ brown rice

Chicken Breast – Grilled Chicken Breast