Turkey Ham & Cheese on Hawaiian Bun

Calories: 186  |  Carbs: 27
Egg & Cheese Croissant

Calories: 310  |  Carbs: 31

Vegetarian
Sausage & Cheese Croissant

Calories: 295  |  Carbs: 30
Turkey Ham & Cheese Breakfast Sandwich

Calories: 270  |  Carbs: 30
Sausage & Cheese Breakfast Sandwich

Calories: 245  |  Carbs: 28
Egg & Turkey Sausage Breakfast Bagel

Calories: 180  Carbs: 23
Egg & Cheese
English Muffin

Calories: 200  |  Carbs: 24

Vegetarian
Small Breakfast
Fruit & Yogurt Parfait w/ Granola

Calories: 240-260
Carbs: 52-58

Vegetarian
Halal
Kosher
Peach Strawberry Smoothie

Calories: 269  Carbs: 49
Blueberry Banana Smoothie

Calories: 266
Carbs: 49
Berry Smoothie

Calories: 283  Carbs: 51

Vegetarian  Halal  Kosher
Strawberry Banana Smoothie

Calories: 290  Carbs: 54

Vegetarian  Halal  K
Strawberry Orange Smoothie

Calories: 213  Carbs: 49
Green Goddess Smoothie

Calories: 148  Carbs: 31
Mini Pancakes w/Syrup

Calories: 330  Carbs: 66

Vegetarian  Halal  Kosher
Belgian Waffle w/Syrup

Calories: 360  Carbs: 65
Bagel w/Cream Cheese or Jelly

Calories: 165-201  |  Carbs: 26-34

Jelly only
French Toast Sticks w/Syrup

Calories: 392  Carbs: 67
Cinnamon Roll

Calories: 232  Carbs: 38

VEGAN 100%  HALAL  K
Mini Strawberry Bagel w/Cream Cheese or Jelly

Calories: 230-265  Carbs: 42-50
Mini Cinnamon Bagel w/Cream Cheese or Jelly

Calories: 240-275  Carbs: 41-49

Vegetarian
Raspberry Cream Cheese Bar

Calories: 231  Carbs: 35
Assorted Cereal

Calories: 240  |  Carbs: 46

VEGAN 100%  HALAL  K
Beef & Cheese Mini Bagel

Calories: 235  |  Carbs: 27
Yogurt w/Oatmeal Bar

Calories: 220  Carbs: 38

Vegetarian  Halal  K
Chik'N Nuggets w/Rolls

Calories: 387  Carbs: 55
Veggie Burger on Bun

Calories: 280  |  Carbs: 37
Buffalo Chik'N Nuggets w/Rolls

Calories: 387

Carbs: 55
Chicken Philly Sandwich

Calories: 331  Carbs: 30
Beef Philly Cheesesteak

Calories: 338  Carbs: 30
Meatball Sub

Calories: 338  |  Carbs: 39
Mac & Cheese w/Chicken Bites & Roll

Calories: 419  Carbs: 40
Mac & Cheese w/Chik'N Nuggets & Roll

Calories: 518  Carbs: 61
BBQ Pulled Chicken Sandwich

Calories: 274  Carbs: 35
Vegan Chili w/Tortilla Strips

Calories: 541  Carbs: 76

VEGAN 100% HALAL K
Chicken & Vegetable Dumplings

Calories: 281  Carbs: 41
Beef & Cheese Nachos

Calories: 499  Carbs: 48
Bean & Cheese Nachos

Calories: 545  Carbs: 64

Vegetarian  Halal
Chicken Tacos

Calories: 335  Carbs: 32
Beef Tacos

Calories: 327  |  Carbs: 35
Spicy Chik'N Street Tacos

Calories: 428  |  Carbs: 56
Curry Chicken w/Rice

Calories: 485  Carbs: 55
Curry Chickpeas w/Rice

Calories: 429 | Carbs: 89

VEGAN 100% HALAL K
Chicken Bite Bowl w/Corn, Mashed Potatoes, & Roll

Calories: 388 | Carbs: 48
Chik'N Bite Bowl w/Corn, Mashed Potatoes, & Rolls

Calories: 500

Carbs: 74
Southwest Beef & Rice Bowl w/Salsa

Calories: 384  |  Carbs: 56
Chicken Burrito Bowl

Calories: 595  Carbs: 81
## Bean Burrito Bowl

| Calories: 548 | Carbs: 80 |

- **Vegetarian**
- **Halal**
Rotini w/Meat Sauce & Roll

Calories: 429  |  Carbs: 43
Teriyaki Chicken & Broccoli Rice Bowl

Calories: 458  Carbs: 68
Teriyaki Edamame & Broccoli Rice Bowl

Calories: 429  Carbs: 70
Teriyaki Edamame & Broccoli Noodle Bowl

Calories: 410  Carbs: 63
Sweet N Sour Chik'N Rice Bowl

Calories: 536  Carbs: 87

VEGAN 100%  HALAL  K
Sweet N Sour
Chicken Rice Bowl

Calories: 382  Carbs: 63
Spicy Chicken Power Bowl

Calories: 475  Carbs: 51
Veggie Power Bowl

Calories: 615  |  Carbs: 95

VEGAN 100%  HALAL  K
Ranch Chicken Power Bowl

Calories: 681  Carbs: 78
Spicy Chicken Salad w/Tortilla Strips

Calories: 521  Carbs: 55
Taco Salad w/Tortilla Strips

Calories: 481 | Carbs: 60
Chef Salad w/ Dinner Rolls

Calories: 476  Carbs: 43
Chickpea Entrée Salad w/ Dinner Rolls

Calories: 381  Carbs: 65
Chik'N Entrée Salad w/ Dinner Rolls

Calories: 448  Carbs: 63

VEGAN 100% HALAL K
Hotdog

Calories: 240  |  Carbs: 27

*Turkey-Based
Hamburger or Cheeseburger

Calories: 319-337  Carbs: 29-30
Pizza, Cheese or Pepperoni

Calories: 320-365  Carbs: 36
Pepperoni & Cheese Stuffed Sandwich

Calories: 300  |  Carbs: 31
Chicken Sandwich, Regular or Spicy

Calories: 340-342  Carbs: 37
Spicy Chicken Tenders w/Roll

Calories: 297  Carbs: 31
Cheese Crunchers w/Marinara Sauce

Calories: 467  Carbs: 51
Grilled Cheese Sandwich

Calories: 287  Carbs: 32
Grab-N-Go: Cold Cut Sub

Calories: 292  Carbs: 55
Grab-N-Go: Hummus (x2) & Scoops

Calories: 420  Carbs: 65
Grab-N-Go: Hummus, Cheese Stick & Scoops

Calories: 369   Carbs: 48
Grab-N-Go: Yogurt, Bagel, & Cream Cheese

Calories: 381  |  Carbs: 63
Grab-N-Go: Fruit & Yogurt Parfait w/Granola

Calories: 483  Carbs: 94

Vegetarian  Halal  Kosher
Grab-N-Go: Peanut Butter & Jelly Sandwich

Calories: 600
Carbs: 64

VEGAN 100%
HALAL
K
Tomato Soup
Calories: 155  Carbs: 23

Vegetarian  Halal  Kosher
Vegan Butternut Squash Soup

Calories: 324  Carbs: 36
Vegan Sweet Potato Bisque

Calories: 324
Carbs: 36
Broccoli Cheese Soup

Calories: 177  Carbs: 19
Chicken, Vegetable & Ancient Grains Soup

Calories: 149  Carbs: 22
Chili Soup

Calories: 182  |  Carbs: 27
Cheesy Corn Chowder

Calories: 172  Carbs: 26
Marinara Cup

Calories: 40  Carbs: 7
Fresh Vegetables

Calories: 8-35  |  Carbs: 1-8
Fresh Side Salad

Calories: 19  Carbs: 4

VEGAN 100%  HALAL  K
Fresh Celery Sticks

Calories: 4  Carbs: 1
Fresh Grape Tomatoes

Calories: 18  Carbs: 3
Fresh Cucumber Slices

Calories: 8  |  Carbs: 1

VEGAN 100%  |  HALAL  |  K
Fresh Baby Carrots

Calories: 35  |  Carbs: 8

VEGAN 100% HALAL K
Crinkle Cut Potatoes

Calories: 99  Carbs: 15
Baked French Fries

Calories: 110 | Carbs: 17
Roasted Chickpeas

Calories: 160  Carbs: 24
Roasted Butternut Squash

Calories: 101  Carbs: 15
Roasted Sweet Potatoes

Calories: 101
Carbs: 15

VEGAN 100%
HALAL
K
Roasted Green Beans

Calories: 26

Carbs: 4
Ranchero Beans

Calories: 185
Carbs: 29

VEGAN 100%
HALAL
K
Roasted Broccoli

Calories: 70  |  Carbs: 5

VEGAN 100%  HALAL  K
Cheesy Garlic & Herb Broccoli

Calories: 70  |  Carbs: 4

Vegetarian  Halal  Kosher
Roasted Corn

Calories: 107  Carbs: 19
Southwest Seasoned Pinto Beans

Calories: 164  Carbs: 30

VEGAN  100% HALAL  K
Assorted Dried Fruit

Calories: 110-120  Carbs: 27-30
Assorted Fruit Cups

Calories: 60-120
Carbs: 15-30

VEGAN 100% HALAL K
Assorted 100% Juice

Calories: 60          Carbs: 15

VEGAN 100% HALAL K
Assorted Fresh Fruit

Calories: 20-80   Carbs: 5-20
Milk, White, Low Fat or Fat Free

Calories: 80-110  |  Carbs: 12

Vegetarian  HALAL  K
Milk, Chocolate, Fat Free

Calories: 120  Carbs: 20
| Sweet Mustard Dressing (2oz.) | Calories: 154 | Carbs: 13 |
Ranch Dressing (2oz.)

Calories: 110  |  Carbs: 5

Vegetarian  |  Halal  |  Kosher
Sweet Mustard Dressing (1oz.)

Calories: 77 | Carbs: 6
Ranch Dressing (1oz.)

Calories: 55  |  Carbs: 2

Vegetarian  Halal  K