

KCAL/CHO HS Bistro Boxes & Spotlight Salads

Milk

Chocolate: 120/20
 Strawberry: 110/19
 1% White: 110/19
 Skim: 90/13
 Lactose Free: 90/13
 Soy: 150/21

Condiments:

Ketchup: 10/2
 Mayonnaise: 30/1
 Mustard: 5/0
 BBQ Packet: 20/5
 Texas Pete: 1.7/0
 Taco Sauce: 0/1
 Sour Cream: 60/1
 Salsa (2 TBSP): 15/3
 Buttermilk Ranch (1oz cup): 210/3
 Honey Mustard (1oz cup): 40/
 Homemade Ranch (1oz): 137/2
 Margarine: 60/0

Salad Dressing:

Caesar (1.5oz): 210/1
 Caesar Cup (1oz): 150/1
 Fiesta Ranch (1oz): 9/0
 French (1.5oz): 190/13
 Honey Mustard, Fat Free (1.5oz): 50/12
 Lite Italian (1.5oz): 60/3
 Ranch (1.5oz): 150/3
 Ranch, Homemade (1oz): 137/2
 Thousand Island (1.5oz): 210/6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BISTRO BOXES</u>	<u>BISTRO BOXES</u>	<u>BISTRO BOXES</u>	<u>BISTRO BOXES</u>	<u>BISTRO BOXES</u>
Egg Bento Box 478/30 Veggie Wrap 464/55	Fiesta bento Box 550/62 Grilled Chicken Caesar Wrap 500/39	Charcuterie Bento Box 373/28 Deli Turkey Wrap 383/37	Pizza Bento Box 370/35 Grilled Chicken Wrap 341/38	Egg Bento Box 478/30 Ham & Cheese Sub 275/29
<u>SPOTLIGHT</u> Grilled Chicken Salad 467/46	<u>SPOTLIGHT</u> Fiesta Chicken Salad 442/44	<u>SPOTLIGHT</u> Large Garden Salad 442/41	<u>SPOTLIGHT</u> Manager's Choice	<u>SPOTLIGHT</u> Grilled Chicken Caesar Salad 350/37
<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait	<u>PARFAIT</u> Fruit Parfait
<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>	<u>VEGGIES</u>
Same as Quick Bites Please see QB Menu for KCAL/CHO counts	Same as Quick Bites Please see QB Menu for KCAL/CHO counts	Same as Quick Bites Please see QB Menu for KCAL/CHO counts	Same as Quick Bites Please see QB Menu for KCAL/CHO counts	Same as Quick Bites Please see QB Menu for KCAL/CHO counts
<u>FRUIT</u>	<u>FRUIT</u>	<u>FRUIT</u>	<u>FRUIT</u>	<u>FRUIT</u>
Same as Main Line Please see HS Lunch Menu for KCAL/CHO counts	Same as Main Line Please see HS Lunch Menu for KCAL/CHO counts	Same as Main Line Please see HS Lunch Menu for KCAL/CHO counts	Same as Main Line Please see HS Lunch Menu for KCAL/CHO counts	Same as Main Line Please see HS Lunch Menu for KCAL/CHO counts