



SANDELLA'S[®]
FLATBREAD CAFÉ

K-12 LUNCH PROGRAM



Healthy age-appropriate meal options for grades K-12





ABOUT US



Since 1994 Sandella's has been serving up a fun and unique selection of menu offerings that are not only delicious but healthy too. Our fresh wraps, burritos, paninis, quesadillas, flatbread pizzas, salads and rice bowls are all made to order with a variety of breads to choose from. On top of our diverse menu, we also offer vegetarian, gluten-free and heart healthy menu options which make Sandella's the perfect choice for guests of all ages and health concerns.

SANDELLA'S®
FLATBREAD CAFÉ



Diversity Food Brands/Sandella's USA • 9 Brookside Place • West Redding, CT • 203-544-9984
Certified Minority - Owned Business • www.diversityfoodbrands.com

Our Flatbread



All menu items are served with our 10" flatbread

- Contains a total of 57.99% of credible grain
- Fat Free
- All Natural
- No artificial colors
- No artificial flavors





MENU

Our suggested menu was created to meet the meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans and includes desirable portions of protein, vegetables and whole grains that a school menu needs:

- Low - Calories
- All under 1000mg of sodium content



SANDELLA'S Menu

WRAPS

CLASSIC BLT
Lettuce, tomatoes, bacon and light mayo

HUMMUS
Hummus, lettuce, tomatoes and cucumbers

HONEY MUSTARD CHICKEN
Lettuce, tomatoes, grilled chicken and honey mustard sauce

VEGGIE RANCH
Lettuce, tomatoes, cucumbers, red onions, roasted red peppers and light ranch dressing

TUNA WRAP
Lettuce, tomatoes and Sandella's tuna salad

RANCH CHICKEN
Lettuce, tomatoes, breaded chicken and light ranch dressing

HAM AND CHEESE ROLL-UP
Ham and mozzarella cheese

PANINIS

HOT HAM & CHEESE PANINI
Ham and mozzarella cheese

BRAZILIAN CHICKEN
Grilled chicken, brown rice and Brazilian sauce

SOUTH OF THE BORDER
Omelet, salsa, red onions, green peppers and cheddar Jack cheese

WESTERN
Omelet, mushrooms, red onions, green peppers, tomatoes and cheddar Jack cheese

GRILLED FLATBREADS

MARGHERITA
Fresh mozzarella, tomatoes, fresh basil and tomato sauce

SPINACH & MUSHROOM
Baby spinach, tomatoes, mushrooms, sun-dried tomatoes, mozzarella cheese and tomato sauce

CHEESE
Mozzarella cheese and tomato sauce

PERFECTO PEPPERONI
Pepperoni slices, mozzarella cheese and tomato sauce

QUESADILLAS

MOZZARELLA
Mozzarella cheese and fajita seasoning

CHEESE
Cheddar Jack cheese, salsa, sour cream and fajita seasoning

BRAZILIAN
Grilled chicken, tomatoes, cheddar Jack cheese, Brazilian sauce and fajita seasoning

SALADS

TUNA SALAD
Lettuce, tomatoes, cucumbers and Sandella's tuna salad

GREEK
Lettuce, tomatoes, red onions, feta cheese, black olives and balsamic vinaigrette

CHICKEN CAESAR
Grilled chicken, lettuce, Parmesan cheese, croutons and Caesar dressing

BOWLS

BLACK BEANS & RICE
Brown rice, black beans, salsa and cheddar Jack cheese

CHICKEN FAJITA
Brown rice, grilled chicken, green peppers, salsa, cheddar Jack cheese and fajita seasoning

Proposed Menu and Nutrition for K - 12 Lunch Program

WRAPS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Classic BLT	12	327	466	199	43%	22	7	90	56	26	932	5	7
Hummus Wrap	12	326	318	52	16%	6	1	0	59	13	461	8	6
Honey Mustard Chicken	11	319	383	86	22%	10	1	46	56	22	639	5	10
Veggie Ranch	12	340	308	51	16%	6	0	8	59	9	481	6	8
Tuna	12	340	397	87	22%	10	2	36	51	29	512	5	7
Ranch Chicken	11	319	452	131	29%	15	1	8	59	24	762	8	7
Ham and Cheese Rollup	7	198	411	100	24%	12	6	56	44	33	827	3	3

PANINIS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Hot Ham and Cheese	6	198	411	100	24%	12	6	56	44	33	827	3	3
Brazilian Chicken	10	291	433	18	4%	2	0	38	83	23	617	5	13
South of the Border	10	305	517	209	40%	23	11	348	51	27	741	4	6
Western Omelet	12	333	514	210	41%	23	11	348	50	28	596	5	7

FLATBREAD PIZZAS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Margherita	10	282	361	84	23%	9	5	30	51	21	484	5	9
Spinach & Mushroom	11	319	401	91	23%	11	4	27	58	20	770	9	12
Cheese	6	177	333	62	19%	7	4	27	48	17	697	4	7
Perfecto Pepperoni	7	193	412	125	30%	14	7	44	48	21	961	4	7

QUESADILLAS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Mozzarella	5	128	303	61	20%	7	4	27	45	16	555	3	6
Cheese	7	200	396	134	34%	15	9	53	49	18	824	3	4
Brazilian Chicken	11	305	480	126	26%	14	8	83	60	31	906	4	15

SALADS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Tuna Salad	16	454	327	91	28%	10	2	36	34	27	399	7	7
Greek	13	377	290	123	43%	14	4	19	37	10	775	7	10
Chicken Caesar	12	326	407	180	44%	21	4	63	35	23	812	6	5

BOWLS

	Serving Size		Calories	Calories From Fat	% Calories From Fat	Fat grams	Sat Fat grams	Cholest mg	Total Carbs grams	Protein grams	Sodium mg	Dietary Fiber grams	Sugars grams
	Ounces	Grams											
Black Beans & Rice	15	412	644	133	21%	15	9	45	102	27	824	12	4
Chicken Fajita	16	447	633	139	22%	15	8	83	90	35	910	7	6



Sample Menus

Elementary School

- Sandella's Cheese Pizza Slice
- Carrots & Celery
- Apple Slices
- Milk or Water



Middle School

- Sandella's Hot Ham & Cheese Panini
- Baby Carrots & Green Beans
- Mandarin Oranges
- Milk or Water

High School

- Sandella's Honey Mustard Chicken Wrap
- Side Salad with Vegetables
- Seasonal Fruit
- Milk or Water



Custom Menu



In addition to our proposed menu, we can also craft a custom menu to meet additional requirements and flavor profiles.



Nut & Honey Wrap

Green apples, peanut butter and granola drizzled with sweet honey

SANDELLA'S
FLATBREAD CAFE





We all know how important healthy eating is and with the option of choosing organic produce you can ensure that they're getting the very best.



Our local sourcing initiative begins with a **commitment** to support **local farmers** in order to provide the **freshest** products, which we **proudly** serve to our **customers**

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SANDELLA'S
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Think Green

Making Planet Friendly Choices

We continue to improve our paper products in order to make our operations sustainable and "green"

Our packaging is made with biodegradable, compostable and degradable properties, plant-based renewable resources and post-consumer waste which help reduce the amount of energy used and the waste created.

Committed to being GREEN

SANDELLA'S
FLATBREAD CAFÉ

We support Reduce, Reuse & Recycle
Sandella's is committed to help preserve the environment for future generations!

