

Menu Allergy Lists	Carb counts	Gluten free	Egg free	Dairy free	Soy free	Corn free
Breakfast Items						
Bagel	<b>48</b>		✓	✓		✓
Berries and cream	<b>32.5</b>		✓			✓
Breakfast bowl	<b>34</b>	Sub corn tortilla			✓	
Breakfast burger	<b>36.5</b>	Sub GF Bread				✓
Breakfast Burrito	<b>22</b>	Sub corn tortilla				
Breakfast calzone	<b>47.36</b>					✓
Breakfast Casserole	<b>2.75</b>	✓			✓	✓
Breakfast pizza	<b>62.61</b>				✓	✓
Breakfast sandwich	<b>31.74</b>					
Breakfast taco	<b>16.13</b>	✓			✓	
Cereal- Cinnamon toasters	<b>43.2</b>		✓		✓	✓
Cereal- Rice krispies	<b>23</b>	✓	✓		✓	
Cottage cheese and fruit	<b>7.75</b>	✓	✓		✓	✓
Cheese stick	<b>1.09</b>	✓	✓			
Cinnamon roll	<b>35</b>					
Country potatoes	<b>18.89</b>	✓	✓	✓		✓
Cream cheese	<b>1.56</b>	✓	✓		✓	✓
Croissant sandwich	<b>28</b>					✓
Donut	<b>30</b>					✓
Dutch waffle	<b>43</b>					✓
Eggs- Boiled	<b>1.12</b>	✓		✓	✓	
Eggs- scrambled	<b>1.5</b>	✓		✓	✓	
Flavored bread	<b>44</b>					✓

French toast sticks	<b>41</b>					
Fruit and yogurt parfait	<b>51.16</b>	No Granola	✓			✓
Hash Browns	<b>14.12</b>	✓	✓	✓	✓	
Muffins	<b>33</b>					✓
Pancake on a stick	<b>18</b>			✓		✓
Pancakes	<b>34</b>					
Sausage	<b>2</b>	✓	✓	✓	✓	✓
Waffle	<b>23</b>					✓
Waffle sandwich	<b>24.02</b>					✓
Yogurt	<b>32</b>	✓	✓			✓
<b>Lunch Main dish</b>						
BBQ Chicken sandwich	<b>43.68</b>	Sub GF Bread	✓	Sub Gf Bread	✓	✓
Bean and cheese burrito	<b>21</b>	sub corn tortilla	✓	No Cheese		
Beef Hard Taco	<b>23.14</b>	✓	✓	No cheese		
Beef Soft taco	<b>25</b>	Sub corn tortilla	✓	No cheese		
Blackened chicken alfredo	<b>46</b>	Sub GF Pasta	✓		✓	
Cheese burger	<b>34.26</b>	Sub GF Bread	✓	Sub Gf Bread/no cheese		
Chicken -Fried	<b>11</b>	Sub GF Strips	✓	✓	✓	
Chicken alfredo	<b>46</b>	Sub GF Pasta	✓		✓	
Chicken bites	<b>48</b>	Sub GF strips	✓	✓		
Chicken cordon bleu bake	<b>5.76</b>		✓			
Chicken enchiladas	<b>30</b>		✓			
Chicken nuggets	<b>12.96</b>	Sub GF strips	✓	✓		
Chicken popcorn	<b>16.5</b>	Sub GF strips	✓	✓		
Chicken Quesadilla	<b>21.69</b>	Sub Gf tortilla	✓			

Chicken sandwich (grilled)	<b>28</b>	Sub GF bread	✓	✓		
chicken strips	<b>42</b>	Sub GF strips	✓	✓		
Chicken Wrap (cold)	<b>25.1</b>	Sub corn tortilla/Grilled chicken	✓	no cheese		
Chicken wrap (Hot)	<b>51</b>	Sub corn tortilla/Grilled chicken	✓	no cheese		
Chicken sandwich (breaded)	<b>42</b>		✓	✓		
Club sandwich	<b>40.25</b>	Sub GF Bread	✓	✓		
Corn dog	<b>30.37</b>	Sub GF Corn dog		✓		
Corn dog (GF)	<b>20</b>	✓				
Corn dog (Mini)	<b>30.37</b>	sub GF Corn dog		✓		
Country fried steak	<b>17</b>	Sub hamburger patty	✓	✓		
Dippin sticks	<b>28</b>		✓		✓	
Dorito chicken	<b>11.85</b>		✓			
Grilled cheese	<b>32</b>	Sub GF bread	✓			✓
Ham and cheese wrap	<b>35.25</b>	Sub corn tortilla		no cheese		
Hamburger	<b>33</b>	Sub GF Bread	✓	✓	✓	✓
Hot dog wrap	<b>59.85</b>	Hot dog w/GF bun	✓			✓
Lasagna roll	<b>31.22</b>					✓
Meatball sub	<b>41</b>	Sub GF bread/Turkey meatballs	✓	Sub GF Bread/Turkey meatballs		
Nachos	<b>51.42</b>	✓	✓	No cheese sauce		
Orange chicken	<b>21.54</b>		✓	✓		
Pasta with meatballs	<b>66.44</b>	Sub GF pasta/Turkey meatballs	✓	Turkey meatballs		
Pizza 3 meat	<b>46.47</b>	GF Crust	✓			✓
Pizza BBQ chicken	<b>51.53</b>	GF Crust	✓			✓
Pizza Cheese	<b>46.12</b>	GF Crust	✓			✓
Pizza Pepperoni	<b>46.64</b>	GF Crust	✓			✓

Pizza Wild mike's cheese	<b>34</b>					√
Pizza Wild mikes pepperoni	<b>35.95</b>					√
Potato bowl	<b>24.5</b>	no gravy/grilled chicken	√	No cheese		
Pulled pork sandwich	<b>45</b>	Sub GF Bread	√	√		√
Quesadilla dog	<b>56.28</b>		√			√
Rib B Q sandwich	<b>39</b>	sub GF bread	√	Sub GF Bread		
Sample platter	<b>52.68</b>					
Sliders	<b>31.57</b>	Sub GF bread	√	Sub Gf Bread		
Sloppy Joe	<b>42.25</b>	sub Gf bread	√	√		
Sweet pork Burrito	<b>27.15</b>	sub corn tortillas	√	√		√
Taco pinwheel	<b>63.26</b>		√			√
Tornado	<b>58.99</b>	Sub corn tortilla	√			
Teriyaki chicken	<b>25.73</b>	Sub GF Sauce	√	√		
Walking taco	<b>50.12/ with roll</b>	√	√	No cheese		
Grab And go Main dish						
Breakfast Pack	<b>50.99</b>		√			
Buffalo chicken dip	<b>2.16</b>	√	√		√	√
Chef salad	<b>28.34</b>	√	√		√	√
Chicken Bacon wrap (cold)	<b>24</b>	Sub Corn tortilla				
Chicken caesar salad	<b>38</b>	no croutons				
Chili mac	<b>24.48</b>	√	√			
Club salad	<b>31.54</b>	√	√		√	√
Cowboy spuddy bowl	<b>10.43</b>	√	√	√	√	√
Egg protein pack	<b>7.64</b>	no crackers				

Ham salad sandwich	<b>36.78</b>	sub GF Bread			✓	✓
Ham sandwich	<b>40.81</b>	sub GF Bread	✓		✓	✓
Lunch a Here	<b>2/ meat and cheese only</b>	no crackers	✓		✓	✓
Pepperoni protein pack	<b>7.74</b>	sub GF Bread	✓		✓	✓
Santa Fe salad		✓	✓	✓		
Taco salad	<b>76.79</b>	✓	✓	✓		
Turkey Bacon sandwich	<b>37.62</b>	Sub GF Bread	✓			
Turkey sandwich	<b>37.04</b>	Sub GF Bread	✓	✓		
<b>Side dishes</b>						
3 bean salad	<b>9.39</b>	✓	✓	✓	✓	✓
Black beans	<b>44</b>	✓	✓	✓	✓	✓
Bread sticks	<b>13.55</b>		✓			✓
Chips - Corn Tortilla	<b>47.49</b>	✓	✓	✓	✓	
Chips - Doritos	<b>18</b>	✓			✓	
Chips- Lays Potato	<b>8</b>	✓	✓	✓	✓	
Corn casserole	<b>8.3</b>	✓	✓			
Cowboy beans	<b>17.93</b>	✓	✓	✓	✓	
Fiesta beans	<b>9.59</b>	✓	✓	✓		
French fries	<b>20</b>	✓	✓	✓		✓
Goldfish crackers	<b>14</b>		✓			✓
Gravy - Brown	<b>3</b>		✓			✓
Gravy - country	<b>4.44</b>		✓			✓
Gravy - turkey	<b>3</b>		✓			✓
Gravy chicken	<b>3</b>		✓			✓
Mac and cheese	<b>18</b>				✓	✓
Mashed potatoes	<b>10</b>	✓	✓	✓	✓	✓

Pasta salad	<b>24.41</b>		✓	✓		
Pretzels	<b>23</b>					
Ranch tots	<b>20.31</b>	✓	✓	✓		✓
Refried beans	<b>24</b>	✓	✓	✓	✓	✓
Rice	<b>35</b>	✓	✓	✓	✓	✓
Rolls	<b>28</b>		✓			✓
Tater tots	<b>23.6</b>	✓	✓	✓		✓
<b>Fruits</b>						
Apples	<b>15</b>	✓	✓	✓	✓	✓
Applesauce (canned)	<b>13</b>	✓	✓	✓	✓	✓
Bananas	<b>20</b>	✓	✓	✓	✓	✓
Cantaloup	<b>4.62</b>	✓	✓	✓	✓	✓
Craisins	27.22	✓	✓	✓	✓	✓
Fresh fruit salad	10.98	✓	✓	✓	✓	✓
Grapes	16	✓	✓	✓	✓	✓
Honey dew	9.72	✓	✓	✓	✓	✓
Kiwi	12	✓	✓	✓	✓	✓
Mandarin Oranges (canned)	14.6	✓	✓	✓	✓	✓
oranges	9	✓	✓	✓	✓	✓
Peaches (canned)	6.4	✓	✓	✓	✓	✓
Pears (canned)	7.77	✓	✓	✓	✓	✓
Pears (fresh)	12	✓	✓	✓	✓	✓
Pineapple (Canned)	17.64	✓	✓	✓	✓	✓
Watermelon	7	✓	✓	✓	✓	✓
<b>Vegetables</b>						
Broccoli	6.64	✓	✓	✓	✓	✓
Carrots	5.43	✓	✓	✓	✓	✓

Celery	1.68	✓	✓	✓	✓	✓
Confetti corn	9.95	✓	✓	✓	✓	
Corn (steamed)	12.19	✓	✓	✓	✓	
Corn on the cob	18.98	✓	✓	✓	✓	
Cucumbers	3.6	✓	✓	✓	✓	✓
Garden salad base	11.96	✓	✓	✓	✓	✓
Grape tomato	3.89	✓	✓	✓	✓	✓
Green beans	3.62	✓	✓	✓	✓	✓
Peas	4.04	✓	✓	✓	✓	✓
Peppers	4.71	✓	✓	✓	✓	✓
Shredded lettuce	0.81	✓	✓	✓	✓	✓
Zucchini	3.11	✓	✓	✓	✓	✓
<b>Condiments</b>						
BBQ Sauce	7.5	✓	✓	✓	✓	✓
Cholula green		✓	✓	✓	✓	✓
Cholula red		✓	✓	✓	✓	
Cream cheese	1.56	✓	✓			✓
French dressing	3	✓		✓	✓	
Italian dressing	5.48	✓	✓	✓		
Ketchup	8.52	✓	✓	✓	✓	✓
Mayo	1.02	✓		✓		
Mustard	0.32	✓	✓	✓	✓	✓
Salsa	1.33	✓	✓	✓	✓	
Syrup	26.81	✓	✓	✓	✓	
<b>Drinks</b>						
Milk 1 %	11.31	✓	✓		✓	✓
Chocolate milk fat free	24	✓	✓		✓	✓
Juice-	19	✓	✓	✓	✓	✓

Desserts						
Fat boys	17		√			
Jello		√	√	√	√	√
Jonny pops	11	√	√		√	√
Pudding	22.04	√	√		√	
Rips	15	√	√	√	√	√
Sours	20	√	√	√	√	