Catered Lunch – Nutrition Facts

Chick-fil-a
Firehouse Subs
Domino’s Pizza
The Lunch Basket
Jersey Mike’s
Zaxby’s
Moe’s

A La Carte Items
(Available for Purchase):

Fresh Apples and Carrots
Uncrustables, Peanut Butter and Jelly - 320 Calories, 16g Fat, 33 Carbohydrates
Pepperidge Farm, Goldfish - 200 Calories, 7g Fat, 28 Carbohydrates
Dole Manderine Oranges – 80 Calories, 0g Fat, 19 Carbohydrates
DelMonte Mixed Fruit Cups – 50 Calories, 0g Fat, 13 Carbohydrates
DelMonte Fruit in Gel Cups – 100 Calories, 0g Fat, 24 Carbohydrates
Yoplait GoGurt Tubes – 70 Calories, 0.5g Fat, 13 Carbohydrates
Snyder’s Pretzels – 160 Calories, 0g Fat, 35 Carbohydrates
Baked Original Lay’s – 130 Calories, 2g Fat, 26 Carbohydrates
Baked BBQ Lay’s – 140 Calories, 3.5g Fat, 24 Carbohydrates
Baked Ruffles Cheddar and Sour Cream Chips – 140 Calories, 4g Fat, 24 Carbohydrates
   Baked Cheeto’s – 200 Calories, 8g Fat, 30 Carbohydrates
1% Chocolate Milk – 160 Calories, 1.5g Fat, 27 Carbohydrates
Bottled Water, Flavored Water, Light Minute Maid Lemonade, and Powerade Drinks
   Original Apple Sauce – 80 Calories, 0g Fat, 20g Carbohydrates
   Cinnamon Apple Sauce – 90 Calories, 0g Fat, 22g Carbohydrates
   Cheez-It – 210 Calories, 11g Fat, 24g Carbohydrates
   Fat Free Chocolate Milk – 120 Calories, 0g Fat, 20g Carbohydrates
Mountain Berry Blast & Fruit Punch Powerade – 80 Calories, 0g Fat, 21g Carbohydrates
Dasani Strawberry and Grape Flavored Waters – 0 Calories, 0g Fat, 0g Carbohydrates
   Dasani Lemon Flavored Water – 5 Calories, 0g Fat, 0g Carbohydrates
   Apple Juice – 140 Calories, 0g Fat, 35g Carbohydrates
   Minute Maid Light Lemonade – 5 Calories, 0g Fat, 2g Carbohydrates