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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
Banana		Side	1.25			Yes
Cheese Quesadilla	Flour tortilla stuffed with cheddar cheese and grilled. **Condiments** : Served with sour cream and salsa Hungry Portion Size: 4 triangles Really Hungry Portion Size: 6 triangles	Entree	4.60	6.00	Milk , Wheat	No
Chicken Quesadilla	Grilled 10inch flour tortilla stuffed with and cheddar cheese with taco seasoned chicken breast strips **Condiments** : Served with sour cream and salsa Hungry Portion Size: 4 triangles Really Hungry Portion Size: 6 triangles	Entree	5.00	6.25	Milk , Wheat	No
Chicken Salad Sandwich	Freshly made chicken salad on whole wheat bread. Hungry Portion Size: Full Really Hungry Portion Size: N/A	Entree	4.50	5.00	Milk , Wheat	No
Chicken Tenders w/ Honey Mustard	All white meat chicken Tenders **Condiments** : Served with honey mustard Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Entree	4.60	6.00	Eggs , Milk , Soy , Wheat	No
Fish Sticks	Atlantic Cod strips covered in a crunchy panko crust baked golden brown **Condiments** : Served with ketchup packet Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Entree	4.00	5.00	Eggs , Fish , Soy , Wheat	No
Greek Salad	Green leaf and romaine lettuce, red cabbage, carrot, cucumber, tomato, feta cheese, Kalamata olives **Condiments** : Served with Greek dressing Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	5.00	7.00	Milk	Yes
Grilled Salmon	Grilled salmon lightly seasoned **Condiments** : Served with lemon wedges	Entree	6.00		Fish	Yes

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	Hungry Portion Size: 4 oz Really Hungry Portion Size: N/A					
Hard Boiled Egg	All natural hard boiled egg served cold and out of the shell **Condiments** : Salt and pepper Hungry Portion Size: One Egg Really Hungry Portion Size: NA	Side	1.50		Eggs	Yes
Cheese Pizza	Served hot and fresh with homemade tomato sauce topped with freshly melted mozzarella and parmesan cheese Hungry Portion Size: 5-in pizza (4 quarters / triangles) Really Hungry Portion Size: NA (6 quarters / triangles)	Entree	5.00	7.00	Milk , Wheat	No
Steamed Broccoli	Fresh steamed broccoli lightly seasoned with salt and pepper Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.75	2.25		Yes
Tuna Salad Sandwich	Premium chunky light tuna with celery, mayo, lettuce and tomato on whole wheat bread Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.00		Eggs , Milk , Soy , Wheat	No
Turkey Sandwich	whole wheat bread, with sliced turkey breast, provolone cheese, lettuce and tomato **Condiments** : Served with mayo and mustard packets Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.00		Eggs , Soy , Wheat	No
Baked Coconut Chicken Nuggets	Chicken cut into nuggets covered in coconut and baked untill golden brown **Condiments** : Honey Mustard Hungry Portion Size: 3 oz Really Hungry Portion Size: 6 oz	Entree	4.75	5.50	Milk	Yes
Baked Gluten-free Penne Pasta	Baked gluten-free Penne pasta in our homemade tomato sauce covered in melted mozzarella and parmesan cheese.	Side	4.50	5.75	Milk	Yes

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	Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz					
Baked Penne Pasta	Whole wheat penne pasta in our homemade tomato sauce baked, covered in melted mozzarella and parmesan cheese Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	4.50	6.00	Fish , Milk , Wheat	No
Baked Potato	Baked Idaho potato served with butter and sour cream **Condiments** : Served with sour cream and butter Hungry Portion Size: Med Really Hungry Portion Size: NA	Entree	5.00		Milk	Yes
BBQ Pulled Pork Slider	Freshly pulled BBQ pork in a slider bun Hungry Portion Size: 2 oz Really Hungry Portion Size: 4 oz	Entree	4.50	6.50	Milk , Soy , Wheat	No
Beef Hot Dog	All natural beef hot dog served on a fresh hot dog bun made by local Saffron Bakery **Condiments** : Served with ketchup, mustard Hungry Portion Size: 4 oz Really Hungry Portion Size: NA	Entree	4.50		Eggs , Milk , Wheat	No
Beef Lasagna	Layers of ground beef, basil, ricotta, parmesan and mozzarella cheese with our homemade tomato sauce Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	4.75	6.50	Eggs , Milk , Wheat	No
Caesar Salad	Romaine lettuce, parmesan cheese, grape tomatoes and herb croutons **Condiments** : Served with Caesar dressing Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	4.50	6.00	Eggs , Fish , Milk , Soy , Wheat	No
Caesar Salad with Grilled Chicken Breast	Romaine lettuce, all white meat chicken, parmesan cheese, grape tomatoes and herb croutons **Condiments** : Served with Caesar dressing Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	5.25	10.00	Eggs , Fish , Milk , Soy , Wheat	No
Chicken Tenders Made with GF		Entree	4.60	6.25	Eggs , Soy	Yes

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Bread Crumbs	All white meat chicken breast strips dipped in coconut milk, seasoned with a gluten free crust and baked to light golden brown. **Condiments** : Served with honey mustard and Sweet Thai Chili Sauce Hungry Portion Size: 3 oz Really Hungry Portion Size: 6 oz					
FFT Snack Pack (GF Crackers)	Fresh Cubed Cheese/ grapes and Gluten Free crackers Really Hungry Portion Size: NA	Side	5.25		Eggs , Milk , Soy	Yes
Gluten-free Pasta with Butter and Parmesan Cheese	Gluten free Fusili pasta tossed in butter and served with grated parmesan cheese on the side Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	4.70	6.00	Milk	Yes
Gluten-free Pasta with Tomato Basil Sauce	Gluten-free pasta with a housemade tomato and fresh basil sauce covered in parmesan cheese Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	4.60	6.00	Milk	Yes
Greek Salad with Grilled Chicken Breast	Served with an all white meat chicken breast, green leaf and romaine lettuce, red cabbage, carrot, cucumber, tomato, feta cheese, Kalamata olives **Condiments** : Served with Greek dressing Hungry Portion Size: 3 oz 5 in box Really Hungry Portion Size: 6 oz 9 in box	Entree	5.50	11.00	Milk , Soy	Yes
Grilled Cheese Sandwich	whole wheat bread, grilled with cheddar cheese. Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	4.50		Milk , Wheat	No
Grilled Cheese Sandwich on GF Bread	Gluten free bread, grilled with cheddar cheese. Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.75		Eggs , Milk	Yes
Grilled Chicken Breast (Sliced)	Boneless chicken breast lightly seasoned, grilled and sliced. Hungry Portion Size: 3 oz Really Hungry Portion Size: 6 oz	Entree	4.00	5.00		Yes

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House Salad w/ Grilled Chicken, Ranch	Served with sliced chicken breast over a mix of green leaf and romaine, red cabbage, carrots, cucumber and tomato **Condiments** : Served with ranch dressing packet Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	5.50	10.00	Eggs , Milk , Soy	Yes
Nutella Sandwich	Fresh whole wheat sliced bread hazelnut spread. (*Contains tree nuts*) Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.00		Milk , Wheat	No
Nutella Sandwich on GF Bread	Gluten Free Bread with the popular European hazelnut spread (*Contains tree nuts*) Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.00		Eggs , Milk	Yes
Pasta with Butter and Parmesan Cheese	Whole wheat pasta tossed in butter and served with grated parmesan cheese on the side Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	3.75	5.00	Milk , Wheat	No
SunButter And Fruit Spread Sandwich	Sunflower seed-based butter with a delicious fruit spread on sliced whole wheat bread Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	4.75		Wheat	No
SunButter & Fruit Spread Sandw. GF Bread	Sunflower seed-butter with a delicious fruit spread on sliced gluten free bread Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.75		Eggs	Yes
Tuna Salad Sandwich on GF Bread	Premium chunky light tuna with celery, mayo, lettuce and tomato on gluten free bread Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.75		Eggs , Soy	Yes
Turkey Bacon Wrap	Smoked sliced turkey layered with bacon, provolone cheese, sliced apple, green leaf lettuc and a cranberry-mayo spread wrapped in a whole wheat totilla Hungry Portion Size: 10 inch Really Hungry Portion Size: NA	Entree	6.00		Eggs , Milk , Wheat	No

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Turkey Sandwich on GF Bread	Gluten Free bread filled with all natural turkey breast and provolone cheese with lettuce and tomato **Condiments** : Served with mayo and mustard packet Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	6.50		Eggs , Milk , Soy	Yes
Apple	Served whole not sliced	Side	1.50			Yes
Apple Dippers with Almond Butter	Sliced apples served with an almond butter spread (*Contains tree nuts*) Hungry Portion Size: slices in 8-oz cup with 2 oz almond butter Really Hungry Portion Size: slices in 12-oz cup with 2-oz almond butter	Side	2.75	3.50		Yes
Asian Green Beans	Steamed green beans tossed in a sweet sesame soy sauce sprinkled with sesame seeds	Side	1.75	2.25	Soy	No
Bagel and Cream Cheese	Plain Bagel served with a side of cream cheese **Condiments** : Served with a side of 1oz of cream cheese Hungry Portion Size: 1 oz Really Hungry Portion Size: NA	Entree	3.00		Milk , Soy , Wheat	No
Brown Rice	Fluffy Baked Brown Rice Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.75	2.00		Yes
Brown Rice And Beans	Seasoned black beans tossed in tender brown rice Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25		Yes
Clementine	Whole clementine with peel on	Side	1.25			Yes
Cold Pasta Salad	Tri-colored fusili pasta served cold loaded with tomatoes, olives, feta cheese and basil covered in a light vinaigrette Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.50	Milk , Wheat	No

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Edamame	Steamed soy beans tossed in sea salt Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.50	Soy	Yes
Fruit and Yogurt Parfait	Seasonal fruit, yogurt and side of Granola Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.50	3.25	Milk , Wheat	No
Fruit Salad	Cubed seasonal fresh fruit Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25		Yes
Go-Gurt Yogurt Tube	All natural yogurt in a convenient squeeze tube	Side	1.25		Milk	Yes
Grapes	Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Side	2.00	2.50		Yes
Grilled Corn on the Cob	Grilled corn on the cob, seasoned with salt and pepper served with a butter packet **Condiments** : Served with a butter packet Hungry Portion Size: 1/2 Ear Really Hungry Portion Size: NA	Side	1.75		Milk	Yes
Homemade Chicken Noodle Soup	Fresh seasonal vegetables, tender chicken bites, and egg noodles in our rich housemade chicken stock Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.75	3.25	Eggs , Wheat	No
Vegetable dippers w/ Hummus	Homemade Chick pea Hummus served with carrots, celery Hungry Portion Size: 2 oz hummus Really Hungry Portion Size: 4 oz hummus	Side	3.00	4.00	Soy , Wheat	No
Veggie dippers, Pita Points w/ Hummus	Homemade chick pea hummus served with carrots & celery dippers Pita Wedges Hungry Portion Size: 2 oz hummus Really Hungry Portion Size: 4 oz hummus + more veg's	Side	3.25	4.50	Eggs , Milk , Wheat	No
Mac & Cheese	Elbow noodles mixed with a homemade creamy cheese sauce Hungry Portion Size: 6 oz	Side	2.50	3.50	Milk , Wheat	No

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	Really Hungry Portion Size: 8 oz					
Mashed Potatoes	Yucon Gold potatoes mashed with a touch of butter and cream Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.50	Milk	Yes
Unsweetened Apple Sauce	All natural unsweetened apple sauce	Side	1.25			Yes
Raisins	All natural sun-dried raisins	Side	1.25	1.75		Yes
Roasted Pumpkin Seeds	Pumpkin seeds the only way you'll ever want to eat them Hungry Portion Size: 2 oz Really Hungry Portion Size: NA	Side	1.25	1.75		Yes
Roasted Sweet Potatoes	Bite size sweet potatoes lightly seasoned and roasted Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25	Soy	Yes
Skim Milk String Cheese	All natural easy peel cheese	Side	1.25		Milk	Yes
Small Garden Salad w/ RANCH	Small side salad made with a mix of green leaf and romaine, cucumbers and tomatos **Condiments** : Served with ranch dressing packet Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.75	2.25	Eggs , Milk , Soy	Yes
Steamed Carrots	Steamed carrots lightly seasoned Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25		Yes
Steamed Peas	Lightly steamed green peas Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25		Yes
Vegetable Medley	Steamed assortment of fresh vegtables lightly seasoned Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	2.00	2.25		Yes
Gluten-free Mac'n'Cheese		Side	2.75	4.00	Milk	Yes

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	Gluten-free noodles mixed with a homemade creamy cheese sauce Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz					
Fish Sticks Made with GF bread crumbs	Atlantic Cod strips dipped in rice milk covered with a seasoned gluten free bread crumbs and baked **Condiments** : Served with tartar sauce and ketchup Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Entree	4.25	5.50	Eggs , Fish , Soy	Yes
Apple Dippers with SunButter	Sliced apples served with SunButter spread (*Sunbutter is a sunflower seed based spread. It's a common nut-free alternative to peanut or other nut butters.*) Hungry Portion Size: slices in 8-oz cup with 2 oz SunButter Really Hungry Portion Size: slices in 12-oz cup with 2-oz SunButter	Side	2.50	3.50		Yes
House Salad w/ Grilled Chicken, Balsamic	Served with sliced chicken breast over a mix of green leaf and romaine, red cabbage, carrot, cucumber and tomato **Condiments** : Served with balsamic dressing packet Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	5.50	10.00	Eggs , Milk	Yes
Grilled Ham & Cheese	Wohole wheat bread, grilled with cheddar cheese and ham. Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.75		Milk , Wheat	No
Grilled Ham & Cheese on Gluten-free bread	Gluten-free bread, grilled with cheddar cheese and ham. Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	6.00		Milk , Soy	No
Loaded Potato-Tot bites	Tater-tots, baked and topped with melted cheddar cheese, bacon bits Hungry portion size: 6-oz Really Hungry portion size: 8-oz	Side	3.00	3.75	Milk	Yes
Small Garden Salad w/ BALSALMIC	Small side salad made with a mix of green leaf and romaine, cucumbers and tomatos	Side	2.25	2.75	Soy	No

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	Condiments : Served with balsalmic dressing packet Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz					
Granola Bar		Side	1.25		Soy , Wheat	No
Mandarin Orange Fruit Cups	4 oz cup 100% juice, 90 calories per cup, non GMO, gluten free, all natural fruit, rich in vitamin C	Side	1.25			No
Beef Meatballs	Homemade Beef meatballs covered in our fresh tomato sauce and topped with parmesan cheese Hungry Portion Size: 3 oz Really Hungry Portion Size: 6 oz	Entree	4.75	5.75	Eggs , Milk , Wheat	No
Beef Sliders	Lightly seasoned Beef mini burgers grilled and served on a slider bun **Condiments** : Served with ketchup, mustard Hungry Portion Size: 3 oz (1 slider) Really Hungry Portion Size: 6 oz (2 sliders)	Entree	4.50	7.00	Eggs , Fish , Milk , Soy , Wheat	No
Cheese Tortellini w/ Marinara	Cheese Tortellini - filled with a 3 cheese Blend served with our housemade marinara sauce	Entree	3.50	4.50	Eggs , Milk , Wheat	No
Cheese Tortellini w/ Olive Oil	Cheese Tortellini - filled with a 3 cheese Blend tossed in light olive oil	Entree	3.25	4.50	Eggs , Milk , Wheat	No
Chicken Salad Sandwich on GF Bread	Our house made chicken salad served on gluten free Bread Hungry Portion Size: Full Really Hungry Portion Size: N /A	Entree	5.50		Eggs , Milk	Yes
Chicken and Waffles	Fried chicken bites with waffle triangles, served with a side of maple syrup.	Entree	5.00	6.00	Eggs , Soy , Wheat	No

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	Condiments: servred with maple syrup Hungry Portion: 1 waffle Really Hungry Portion: 2 waffle					
Cheeseburger Sliders	Mini burger sliders with condiments on the side and american cheese on top. **Condiments** : ketchup packet, mustard packet, mayo packet Hungry Portion: 2 oz (1 slider) Really Hungry Portion: 4 oz (2 sliders)	Entree	4.50	9.00	Eggs , Milk , Wheat	No
Bag of Chips	1.5 oz	Side	1.50			Yes
Snickerdoodle Cookies	cinnamon sugar fresh baked cookie Hungry Portion: 2 oz Really Hungry Portion: N/A	Side	1.25		Eggs , Milk , Soy , Wheat	No
Chocolate Chip Cookies	Chocolate chip fresh baked cookie Hungry Portion: 2 oz Really Hungry Portion: N/A	Side	1.25		Eggs , Milk , Soy , Wheat	No
Pepperoni Pizza	Served hot and fresh with homemade tomato sauce topped with freshly melted mozzarella and parmesan cheese Hungry Portion Size: 5-in pizza (4 quarters / triangles) Really Hungry Portion Size: NA (6 quarters / triangles)	Entree	5.00	7.00	Eggs , Milk , Wheat	No
Cheez Its	The original baked cheese snack cracker, packed individually in a 1.5 ounce portion.	Side	1.25		Milk , Soy , Wheat	No
Pop Corn	Pirates Booty individually packed snacks that come in .5 ounce bags.	Side	1.25			No
Baked Penne Pasta- NO CHEESE	Whole wheat penne pasta in our homemade tomato sauce baked. Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	4.50	5.75	Wheat	No
Beef Meatballs- NO CHEESE		Entree	4.75	5.75	Eggs , Wheat	No

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	Homemade Beef meatballs covered in our fresh tomato sauce (No CHEESE) Hungry Portion Size: 4 oz Really Hungry Portion Size: 8 oz					
Vegetable Dippers w/ Ranch	Ranch Dip served with carrots, celery Hungry Portion Size: 2 oz hummus Really Hungry Portion Size: 2 oz hummus	Side	3.00	4.00	Milk	Yes
Vegetable Dippers w/ Ranch & Pita	Ranch Dip served with carrots, celery and toasted pita bread triangles Hungry Portion Size: 2 oz hummus Really Hungry Portion Size: 4 oz hummus + more veg/pita	Side	3.25	4.50	Milk , Soy , Wheat	No
Turkey & Cheese Sandwich - PLAIN	Whole Wheat Bread, Turkey Breast and Provolone Cheese Mayo/ Mustard Pkts on the side	Entree	6.00		Eggs , Milk , Soy , Wheat	Yes
Chicken Tenders w/ Ketchup	**All white meat chicken Tenders** **Condiments: Served with Ketchup** **Hungry Portion Size: 4 oz** **Really Hungry Portion Size: 6 oz**	Entree	4.60	6.00	Eggs , Milk , Soy , Wheat	No
Tater Tots w/ side of ketchup	Crispy Tater Tots Lighlty Seasoned with Salt served with Ketchup packets Hungry portion size: 6-oz Really Hungry portion size: 8-oz	Side	3.00	3.75	Soy	No
Ham Sandwich- No Chz	Whole wheat bread, with sliced ham No Cheese No Tomato No lettuce **Condiments** : Served with mayo and mustard packets Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	5.00		Eggs , Soy , Wheat	No
Chicken Penne Pasta	Whole wheat penne pasta,.Grilled Chicken Pieces in our homemade tomato sauce baked, covered in melted mozzarella and parmesan cheese Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Entree	5.00	6.25	Milk , Wheat	No