

**All items listed on the menu are available for ordering as part of a Lunchbox meal or an A La Carte meal.**

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.  <b>Condiments:</b> Served with sour cream and salsa  Hungry Portion Size: 4 triangles  Really Hungry Portion Size: 6 triangles	Entree	3.50	4.50	Milk , Wheat	No
Chicken Quesadilla	Grilled 10inch flour tortilla stuffed with and cheddar cheese with taco seasoned chicken breast strips  <b>Condiments:</b> Served with sour cream and salsa  Hungry Portion Size: 4 triangles  Really Hungry Portion Size: 6 triangles	Entree	3.50	4.50	Milk , Wheat	No
Chicken Salad Sandwich	Freshly made chicken salad with apples on local Saffron Bakery whole wheat bread.  Hungry Portion Size: Full  Really Hungry Portion Size: N/A	Entree	3.25	3.75	Milk , Wheat	No
Chicken Slider	Pulled roasted chicken tossed with bbq sauce, served on slider bun  Hungry Portion Size: 2 oz (1 slider)  Really Hungry Portion Size: 4 oz (2 sliders)	Entree	3.50	4.50	Eggs , Milk , Soy , Wheat	No
Chicken Tenders	All white meat chicken breast strips dipped in coconut milk, covered with a seasoned panko crust and baked to light golden brown.  <b>Condiments:</b> Served with honey mustard and Sweet Thai Chili Sauce  Hungry Portion Size: 3 oz  Really Hungry Portion Size: 6 oz	Entree	3.50	4.50	Eggs , Milk , Soy , Wheat	No
Fish Sticks	Atlantic Cod strips covered in a crunchy panko crust baked golden brown  <b>Condiments:</b> Served with tartar sauce and ketchup packet  Hungry Portion Size: 4 oz  Really Hungry Portion Size: 6 oz	Entree	3.50	4.50	Eggs , Fish , Soy , Wheat	No
Greek Salad	Green leaf and romaine lettuce, red cabbage, carrot, cucumber, tomato, feta cheese, Kalamata olives  <b>Condiments:</b> Served with Greek dressing  Hungry Portion Size: 5-in box  Really Hungry Portion Size: 9-in box	Entree	3.50	4.50	Milk , Soy	Yes

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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
Grilled Salmon	Grilled salmon lightly seasoned  <b>Condiments:</b> Served with lemon wedges  Hungry Portion Size: 4 oz  Really Hungry Portion Size: N/A	Entree	3.75		Fish	Yes
Hard Boiled Egg	All natural hard boiled egg served cold in its shell  <b>Condiments:</b> Salt and pepper  Hungry Portion Size: Large  Really Hungry Portion Size: NA	Side	1.25		Eggs	Yes
Individual 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	3.75	5.00	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	1.25	1.50		Yes
Tuna Salad Sandwich	Premium chunky light tuna with celery, mayo, lettuce and tomato on local Saffron Bakery whole wheat bread  Hungry Portion Size: Full  Really Hungry Portion Size: NA	Entree	3.50		Eggs , Soy , Wheat	No
Turkey Sandwich	Locally made Saffron Bakery whole wheat bread, with sliced turkey breast, provolone cheese, lettuce and tomato  <b>Condiments:</b> Served with mayo and mustard packets  Hungry Portion Size: Full  Really Hungry Portion Size: NA	Entree	3.50		Eggs , Soy , Wheat	No
Baked Coconut Chicken Nuggets	Chicken cut into nuggets covered in coconut and baked untill golden brown  <b>Condiments:</b> Sweet Thai Chili Sauce and Honey Mustard  Hungry Portion Size: 3 oz  Really Hungry Portion Size: 6 oz	Entree	3.50	4.50		Yes

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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
Baked Gluten-free Penne Pasta	Baked gluten-free Penne pasta in our homemade tomato sauce covered in melted mozzarella and parmesan cheese.  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	3.50	4.50	Milk	Yes
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	3.50	4.50	Milk , Wheat	No
Baked Potato	Baked Idaho potato served with butter and sour cream  <b>Condiments:</b> Served with sour cream and butter  Hungry Portion Size: Med Really Hungry Portion Size: NA	Entree	3.50		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	3.50	4.50	Milk , Soy , Wheat	No
Beef Hot Dog	All natural beef hot dog served on a fresh hot dog bun made by local Saffron Bakery  <b>Condiments:</b> Served with ketchup, mustard  Hungry Portion Size: 4 oz Really Hungry Portion Size: NA	Entree	3.50		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	3.50	4.50	Eggs , Milk , Wheat	No
Caesar Salad	Romaine lettuce, parmesan cheese, grape tomatoes and herb croutons  <b>Condiments:</b> Served with Caesar dressing  Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	3.50	4.50	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  <b>Condiments:</b> Served with Caesar dressing  Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	3.75	4.75	Eggs , Fish , Milk , Soy , Wheat	No

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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
Chicken Tenders Made with GF Bread Crumbs	All white meat chicken breast strips dipped in coconut milk, seasoned with a gluten free crust and baked to light golden brown.  <b>Condiments:</b> Served with honey mustard and Sweet Thai Chili Sauce  Hungry Portion Size: 3 oz Really Hungry Portion Size: 6 oz	Entree	3.50	4.50	Eggs , Soy	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  <b>Condiments:</b> Served with Greek dressing  Hungry Portion Size: 3 oz 5 in box Really Hungry Portion Size: 6 oz 9 in box	Entree	3.75	4.75	Milk , Soy	Yes
Grilled Cheese Sandwich	Locally made Saffron Bakery whole wheat bread, grilled with cheddar cheese.  Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	3.50		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	4.50		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	3.75	4.75		Yes
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  <b>Condiments:</b> Served with ranch dressing packet  Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	3.75	4.75	Eggs , Milk , Soy	Yes
Nutella Sandwich	Fresh whole wheat sliced bread from Saffron Bakery with the popular European hazelnut spread.  <i>(Contains tree nuts)</i>  Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	3.75		Milk , Wheat	No
Nutella Sandwich on GF Bread	Gluten Free Bread with the popular European hazelnut spread  <i>(Contains tree nuts)</i>  Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	4.75		Eggs , Milk	Yes

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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
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	3.50	4.50	Milk , Wheat	No
SunButter And Fruit Spread Sandwich	Sunflower seed-based butter with a delicious fruit spread on local Saffron Bakery sliced whole wheat bread  Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	3.50		Wheat	No
SunButter And Fruit Spread Sandwich on 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	4.50		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	4.50		Eggs , Soy	Yes
Turkey Bacon Wrap	Smoked sliced turkey layered with turkey bacon, provolone cheese, sliced apple, green leaf lettuce and a cranberry-mayo spread wrapped in a whole wheat totilla  Hungry Portion Size: 10 inch Really Hungry Portion Size: NA	Entree	3.50	4.50	Eggs , Milk , Wheat	No
Turkey Sandwich on GF Bread	Gluten Free bread filled with all natural turkey breast and provolone cheese with lettuce and tomato  <b>Condiments:</b> Served with mayo and mustard packet  Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	4.50		Eggs , Milk , Soy	Yes
Apple	Served whole not sliced	Side	1.25			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	1.75	2.50	Milk	Yes
Asian Green Beans	Steamed green beans tossed in a sweet sesame soy sauce sprinkled with sesame seeds	Side	1.25	1.50	Soy	No

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Bagel and Cream Cheese	Locally made Saffron Bakery bagel toasted and served with a side of cream cheese  <b>Condiments:</b> Served with a side of 1oz of cream cheese  Hungry Portion Size: 2 oz Really Hungry Portion Size: NA	Side	1.75		Milk , Soy , Wheat	No
Brown Rice	Brown rice cooked in our homemade chicken stock  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50		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	1.25	1.50		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 fresh basil covered in a light vinaigrette  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50	Milk , Wheat	No
Edamame	Steamed soy beans tossed in sea salt  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50	Soy	Yes
Fruit and Yogurt Parfait	Seasonal fruit, topped with granola, yogurt and honey.  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.75	2.00	Milk , Wheat	No
Fruit Salad	Cubed seasonal fresh fruit  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50		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	1.25	1.50		Yes
Grilled Corn on the Cob	Grilled corn on the cob, seasoned with salt and pepper served with a butter packet  <b>Condiments:</b> Served with a butter packet  Hungry Portion Size: 1/2 Ear Really Hungry Portion Size: NA	Side	1.25		Milk	Yes

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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
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	1.75	2.00	Eggs , Wheat	No
Vegetable dippers w/ Homemade Hummus	Homemade Chick pea Hummus served with carrots, celery and toasted pita bread triangles  Hungry Portion Size: 4 oz hummus Really Hungry Portion Size: 8 oz hummus + more veg/pita	Side	1.75	2.25	Soy , Wheat	No
Vegetable dippers & Pita Points w/ Homemade Hummus	Homemade chick pea hummus served with carrots & celery dippers  Hungry Portion Size: 4 oz hummus Really Hungry Portion Size: 8 oz hummus + more veg's	Side	1.75	2.25		Yes
Mac & Cheese	Elbow noodles mixed with a homemade creamy cheese sauce topped with seasoned panko breadcrumbs  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50	Milk , Wheat	No
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	1.25	1.50	Milk	Yes
Organic Unsweetened Apple Sauce	All natural unsweetened apple sauce	Side	1.25			Yes
Raisins	All natural sun-dried raisins	Side	1.25			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			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  <b>Condiments:</b> Served with ranch dressing packet  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50	Eggs , Milk , Soy	Yes
Steamed Carrots	Steamed carrots lightly seasoned in fresh herbs  Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50		Yes

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Steamed Peas	Lightly steamed green peas Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50		Yes
Vegetable Medley	Steamed assortment of fresh vegetables lightly seasoned Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50		Yes
Gluten-free Mac'n'Cheese	Gluten-free noodles mixed with a homemade creamy cheese sauce Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.25	1.50	Milk	Yes
Fish Sticks Made with GF bread crumbs	Atlantic Cod strips dipped in rice milk covered with a seasoned gluten free bread crumbs and baked <b>Condiments:</b> Served with tartar sauce and ketchup Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Entree	3.50	4.50	Eggs , Fish , Soy , Wheat	Yes
Apple Dippers with SunButter	Sliced apples served with SunButter spread <i>(Sunbutter is a sunflower seed based spread. It's a common nut-free alternative to peanut or other nut butters.)</i> 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	1.75	2.50		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 <b>Condiments:</b> Served with balsamic dressing packet Hungry Portion Size: 5-in box Really Hungry Portion Size: 9-in box	Entree	3.75	4.75	Eggs	Yes
Grilled Ham & Cheese	Locally made Saffron Bakery whole wheat bread, grilled with cheddar cheese and ham. Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	3.75		Milk , Wheat	No
Veggie Quesadilla	Grilled 10-inch flour tortilla stuffed with cheddar cheese and mixed sauteed vegetables. <b>Condiments:</b> Served with sour cream and salsa Hungry Portion Size: 4 triangles Really Hungry Portion Size: 6 triangles	Entree	3.50	4.50	Milk , Wheat	No



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Name	Description	Entree / Side	Hungry Price	Really Hungry Price	Allergens	GF
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	4.75		Milk , Soy	No
Loaded Red Potato bites	Red potatoes, cut into bite-sized pieces, topped with melted cheddar cheese, bacon bits, and green onion.  Served with sour cream. Hungry portion size: 6-oz Really Hungry portion size: 8-oz	Side	1.75	2.00	Milk	No
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
Cheese & Crackers & Grapes	Cubed Cheddar cheese served with individual packets of whole wheat crackers and a red grapes	Side	2.75	3.75	Milk , Wheat	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: 8 oz	Entree	3.75	4.75	Eggs , Milk , Wheat	No
Beef Sliders	Lightly seasoned Beef mini burgers grilled and served on a slider bun  <b>Condiments:</b> Served with ketchup, mustard	Entree	3.50	4.50	Eggs , Fish , Milk , Soy , Wheat	No

Hungry Portion Size: 3 oz (1 slider)

Really Hungry Portion Size: 6 oz (2 sliders)