

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	<p>Flour tortilla stuffed with cheddar cheese and grilled.</p> <p>Condiments : Served with sour cream and salsa</p> <p>Hungry Portion Size: 4 triangles</p> <p>Really Hungry Portion Size: 6 triangles</p>	Entree	4.20	5.40	Milk , Wheat	No
Chicken Quesadilla	<p>Grilled 10inch flour tortilla stuffed with and cheddar cheese with taco seasoned chicken breast strips</p> <p>Condiments : Served with sour cream and salsa</p> <p>Hungry Portion Size: 4 triangles</p> <p>Really Hungry Portion Size: 6 triangles</p>	Entree	4.20	5.40	Milk , Wheat	No
Chicken Salad Sandwich	<p>Freshly made chicken salad with apples on local Saffron Bakery whole wheat bread.</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: N/A</p>	Entree	3.90	4.50	Milk , Wheat	No
Chicken Tenders	<p>All white meat chicken Tenders</p> <p>Condiments : Served with honey mustard</p> <p>Hungry Portion Size: 4 oz</p> <p>Really Hungry Portion Size: 6 oz</p>	Entree	4.20	5.40	Eggs , Milk , Soy , Wheat	No
Fish Sticks	<p>Atlantic Cod strips covered in a crunchy panko crust baked golden brown</p> <p>Condiments : Served with tartar sauce and ketchup packet</p> <p>Hungry Portion Size: 4 oz</p> <p>Really Hungry Portion Size: 6 oz</p>	Entree	3.50	4.50	Eggs , Fish , Soy , Wheat	No
Greek Salad	<p>Green leaf and romaine lettuce, red cabbage, carrot, cucumber, tomato, feta cheese, Kalamata olives</p> <p>Condiments : Served with Greek dressing</p> <p>Hungry Portion Size: 5-in box</p> <p>Really Hungry Portion Size: 9-in box</p>	Entree	4.20	5.40	Milk , Soy	Yes
Grilled Salmon	<p>Grilled salmon lightly seasoned</p> <p>Condiments : Served with lemon wedges</p>	Entree	5.40		Fish	Yes

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	<p>Hungry Portion Size: 4 oz</p> <p>Really Hungry Portion Size: N/A</p>					
Hard Boiled Egg	<p>All natural hard boiled egg served cold and out of the shell</p> <p>Condiments : Salt and pepper</p> <p>Hungry Portion Size: One Egg</p> <p>Really Hungry Portion Size: NA</p>	Side	1.25		Eggs	Yes
Individual Cheese Pizza	<p>Served hot and fresh with homemade tomato sauce topped with freshly melted mozzarella and parmesan cheese</p> <p>Hungry Portion Size: 5-in pizza (4 quarters / triangles)</p> <p>Really Hungry Portion Size: NA (6 quarters / triangles)</p>	Entree	4.50	6.00	Milk , Wheat	No
Steamed Broccoli	<p>Fresh steamed broccoli lightly seasoned with salt and pepper</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Side	1.50	2.00		Yes
Tuna Salad Sandwich	<p>Premium chunky light tuna with celery, mayo, lettuce and tomato on local Saffron Bakery whole wheat bread</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Eggs , Soy , Wheat	No
Turkey Sandwich	<p>Locally made Saffron Bakery whole wheat bread, with sliced turkey breast, provolone cheese, lettuce and tomato</p> <p>Condiments : Served with mayo and mustard packets</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Eggs , Soy , Wheat	No
Baked Coconut Chicken Nuggets	<p>Chicken cut into nuggets covered in coconut and baked until golden brown</p> <p>Condiments : Sweet Thai Chili Sauce and Honey Mustard</p> <p>Hungry Portion Size: 3 oz</p> <p>Really Hungry Portion Size: 6 oz</p>	Entree	4.20	5.40		Yes
Baked Gluten-free Penne Pasta		Side	4.20	5.40	Milk	Yes

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	<p>Baked gluten-free Penne pasta in our homemade tomato sauce covered in melted mozzarella and parmesan cheese.</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>					
Baked Penne Pasta	<p>Whole wheat penne pasta in our homemade tomato sauce baked, covered in melted mozzarella and parmesan cheese</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Entree	4.20	5.40	Milk , Wheat	No
Baked Potato	<p>Baked Idaho potato served with butter and sour cream</p> <p>Condiments : Served with sour cream and butter</p> <p>Hungry Portion Size: Med</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Milk	Yes
BBQ Pulled Pork Slider	<p>Freshly pulled BBQ pork in a slider bun</p> <p>Hungry Portion Size: 2 oz</p> <p>Really Hungry Portion Size: 4 oz</p>	Entree	4.20	5.40	Milk , Soy , Wheat	No
Beef Hot Dog	<p>All natural beef hot dog served on a fresh hot dog bun made by local Saffron Bakery</p> <p>Condiments : Served with ketchup, mustard</p> <p>Hungry Portion Size: 4 oz</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Eggs , Milk , Wheat	No
Beef Lasagna	<p>Layers of ground beef, basil, ricotta, parmesan and mozzarella cheese with our homemade tomato sauce</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Entree	4.20	5.40	Eggs , Milk , Wheat	No
Caesar Salad	<p>Romaine lettuce, parmesan cheese, grape tomatoes and herb croutons</p> <p>Condiments : Served with Caesar dressing</p> <p>Hungry Portion Size: 5-in box</p> <p>Really Hungry Portion Size: 9-in box</p>	Entree	4.20	5.40	Eggs , Fish , Milk , Soy , Wheat	No
Caesar Salad with Grilled Chicken Breast	<p>Romaine lettuce, all white meat chicken, parmesan cheese, grape tomatoes and herb croutons</p> <p>Condiments : Served with Caesar dressing</p> <p>Hungry Portion Size: 5-in box</p>	Entree	4.50	7.50	Eggs , Fish , Milk , Soy , Wheat	No

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	Really Hungry Portion Size: 9-in box					
Chicken Tenders Made with GF Bread Crumbs	<p>All white meat chicken breast strips dipped in coconut milk, seasoned with a gluten free crust and baked to light golden brown.</p> <p>Condiments : Served with honey mustard and Sweet Thai Chili Sauce</p> <p>Hungry Portion Size: 3 oz</p> <p>Really Hungry Portion Size: 6 oz</p>	Entree	4.20	5.40	Eggs , Soy	Yes
FFT Snack Pack	<p>Fresh Cubed Cheese/ grapes and crackers</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Milk , Soy	Yes
Gluten-free Pasta with Butter and Parmesan Cheese	<p>Gluten free Fusili pasta tossed in butter and served with grated parmesan cheese on the side</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Entree	4.20	5.40	Milk	Yes
Gluten-free Pasta with Tomato Basil Sauce	<p>Gluten-free pasta with a housemade tomato and fresh basil sauce covered in parmesan cheese</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Entree	4.20	5.40	Milk	Yes
Greek Salad with Grilled Chicken Breast	<p>Served with an all white meat chicken breast, green leaf and romaine lettuce, red cabbage, carrot, cucumber, tomato, feta cheese, Kalamata olives</p> <p>Condiments : Served with Greek dressing</p> <p>Hungry Portion Size: 3 oz 5 in box</p> <p>Really Hungry Portion Size: 6 oz 9 in box</p>	Entree	4.50	7.50	Milk , Soy	Yes
Grilled Cheese Sandwich	<p>whole wheat bread, grilled with cheddar cheese.</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: NA</p>	Entree	4.20		Milk , Wheat	No
Grilled Cheese Sandwich on GF Bread	<p>Gluten free bread, grilled with cheddar cheese.</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: NA</p>	Entree	5.40		Eggs , Milk	Yes
Grilled Chicken Breast (Sliced)	<p>Boneless chicken breast lightly seasoned, grilled and sliced.</p> <p>Hungry Portion Size: 3 oz</p>	Entree	3.75	4.75		Yes

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	Really Hungry Portion Size: 6 oz					
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	4.50	7.50	Eggs , Milk , Soy	Yes
Nutella Sandwich	Fresh whole wheat sliced bread from Saffron Bakery with the popular European hazelnut spread. (Contains tree nuts) Hungry Portion Size: Full Really Hungry Portion Size: NA	Entree	4.50		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	4.75		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	3.50	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	4.20		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	5.40		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	5.40		Eggs , Soy	Yes
Turkey Bacon Wrap		Entree	4.20	5.40	Eggs , Milk , Wheat	No

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	<p>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</p> <p>Hungry Portion Size: 10 inch</p> <p>Really Hungry Portion Size: NA</p>					
Turkey Sandwich on GF Bread	<p>Gluten Free bread filled with all natural turkey breast and provolone cheese with lettuce and tomato</p> <p>Condiments : Served with mayo and mustard packet</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: NA</p>	Entree	5.40		Eggs , Milk , Soy	Yes
Apple	Served whole not sliced	Side	1.25			Yes
Apple Dippers with Almond Butter	<p>Sliced apples served with an almond butter spread</p> <p>(Contains tree nuts)</p> <p>Hungry Portion Size: slices in 8-oz cup with 2 oz almond butter</p> <p>Really Hungry Portion Size: slices in 12-oz cup with 2-oz almond butter</p>	Side	2.15	3.00	Milk	Yes
Asian Green Beans	Steamed green beans tossed in a sweet sesame soy sauce sprinkled with sesame seeds	Side	1.50	1.80	Soy	No
Bagel and Cream Cheese	<p>Locally made Saffron Bakery bagel toasted and served with a side of cream cheese</p> <p>Condiments : Served with a side of 1oz of cream cheese</p> <p>Hungry Portion Size: 2 oz</p> <p>Really Hungry Portion Size: NA</p>	Side	2.50		Milk , Soy , Wheat	No
Brown Rice	<p>Brown rice cooked in our homemade chicken stock</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Side	1.50	1.80		Yes
Brown Rice And Beans	<p>Seasoned black beans tossed in tender brown rice</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Side	1.50	1.80		Yes
Clementine	Whole clementine with peel on	Side	1.25			Yes

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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	1.50	1.80	Milk , Wheat	No
Edamame	Steamed soy beans tossed in sea salt Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.80	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	2.15	3.00	Milk , Wheat	No
Fruit Salad	Cubed seasonal fresh fruit Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.80		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	1.50	1.80		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	1.50		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	2.15	3.00	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 + more veg/pita	Side	2.15	3.25	Soy , Wheat	No
Veggie dippers, Pita Points w/ Hummus	Homemade chick pea hummus served with carrots & celery dippers Hungry Portion Size: 2 oz hummus	Side	1.75	2.25	Milk	Yes

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	Really Hungry Portion Size: 4 oz hummus + more veg's					
Mac & Cheese	Elbow noodles mixed with a homemade creamy cheese sauce Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.80	2.50	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	1.50	1.80	Milk	Yes
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
Roasted Sweet Potatoes	Bite size sweet potatoes lightly seasoned and roasted Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.80		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	1.50	2.00	Eggs , Milk , Soy	Yes
Steamed Carrots	Steamed carrots lightly seasoned Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.80		Yes
Steamed Peas	Lightly steamed green peas Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.75		Yes

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Vegetable Medley	Steamed assortment of fresh vegetables lightly seasoned Hungry Portion Size: 6 oz Really Hungry Portion Size: 8 oz	Side	1.50	1.80		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	2.50	3.75	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 Condiments : Served with tartar sauce and ketchup Hungry Portion Size: 4 oz Really Hungry Portion Size: 6 oz	Entree	4.00	5.00	Eggs , Fish , Soy	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	2.15	3.00		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	4.50	7.50	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	4.75		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	5.75		Milk , Soy	No
Loaded Potato-Tot bites	Tater-tots, baked and topped with melted cheddar cheese, bacon bits, and green onion. Hungry portion size: 6-oz	Side	2.15	3.00	Milk	Yes

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	Really Hungry portion size: 8-oz					
Small Garden Salad w/ BALSALMIC	<p>Small side salad made with a mix of green leaf and romaine, cucumbers and tomatos</p> <p>Condiments : Served with balsalmic dressing packet</p> <p>Hungry Portion Size: 6 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Side	1.80	2.00	Soy	No
Granola Bar		Side	1.25		Soy , Wheat	No
Mandarin Orange Fruit Cups	<p>4 oz cup</p> <p>100% juice, 90 calories per cup, non GMO, gluten free, all natural fruit, rich in vitamin C</p>	Side	1.25			No
Cheese & Crackers & Grapes	Cubed Cheddar cheese served with individual packets of whole wheat crackers and a red grapes	Side	3.00	4.00	Milk , Wheat	No
Beef Meatballs	<p>Homemade Beef meatballs covered in our fresh tomato sauce and topped with parmesan cheese</p> <p>Hungry Portion Size: 3 oz</p> <p>Really Hungry Portion Size: 8 oz</p>	Entree	4.50	5.25	Eggs , Milk , Wheat	No
Beef Sliders	<p>Lightly seasoned Beef mini burgers grilled and served on a slider bun</p> <p>Condiments : Served with ketchup, mustard</p> <p>Hungry Portion Size: 3 oz (1 slider)</p> <p>Really Hungry Portion Size: 6 oz (2 sliders)</p>	Entree	3.50	6.50	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	3.00	4.25	Eggs , Milk , Wheat	No
Cheese Tortellini w/ Olive Oil	Cheese Tortellini - filled with a 3 cheese Blend tossed in light olive oil	Entree	3.00	4.25	Eggs , Milk , Wheat	No
Chicken Salad Sandwich on GF Bread		Entree	4.50		Eggs , Milk	Yes

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	<p>Our house made chicken salad served on Udi's gluten free Bread</p> <p>Hungry Portion Size: Full</p> <p>Really Hungry Portion Size: N/A</p>					
Chicken and Waffles	<p>Fried chicken bites with waffle triangles, served with a side of maple syrup.</p> <p>Condiments: served with maple syrup</p> <p>Hungry Portion: 1 waffle triangles</p> <p>Really Hungry Portion: 2 waffle triangles</p>	Entree	4.25	5.25	Eggs , Soy , Wheat	No
Cheeseburger Sliders	<p>Mini burger sliders with condiments on the side and american cheese on top.</p> <p>Condiments : ketchup packet, mustard packet, mayo packet</p> <p>Hungry Portion: 2 oz (1 slider)</p> <p>Really Hungry Portion: 4 oz (2 sliders)</p>	Entree	3.50	6.00	Eggs , Milk , Wheat	No
Bag of Chips	1.5 oz	Side	1.50			Yes
Snickerdoodle Cookies	<p>cinnamon sugar fresh baked cookie</p> <p>Hungry Portion: 2 oz</p> <p>Really Hungry Portion: N/A</p>	Side	1.25		Eggs , Milk , Soy , Wheat	No
Chocolate Chip Cookies	<p>Chocolate chip fresh baked cookie</p> <p>Hungry Portion: 2 oz</p> <p>Really Hungry Portion: N/A</p>	Side	1.25		Eggs , Milk , Soy , Wheat	No
Pepperoni Pizza	<p>Served hot and fresh with homemade tomato sauce topped with freshly melted mozzarella and parmesan cheese</p> <p>Hungry Portion Size: 5-in pizza (4 quarters / triangles)</p> <p>Really Hungry Portion Size: NA (6 quarters / triangles)</p>	Entree	4.20	5.70	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

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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	4.20	5.40	Wheat	No
Beef Meatballs- NO CHEESE	Homemade Beef meatballs covered in our fresh tomato sauce (No CHEESE) Hungry Portion Size: 4 oz Really Hungry Portion Size: 8 oz	Entree	4.50	5.70	Eggs , Wheat	No
Vegetable Dippers w/ Ranch	Ranch Dip served with carrots, celery Hungry Portion Size: 2 oz hummus Really Hungry Portion Size: 2 oz hummus + more veg/pita	Side	2.25	3.00	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	2.75	3.25	Milk , Soy , Wheat	No
Turkey & Cheese Sandwich - PLAIN		Entree	5.40		Eggs , Milk , Soy , Wheat	No