### Breakfast Items Offered Everyday

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>120</td>
<td>60</td>
</tr>
<tr>
<td>Mini Pancakes w/Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>31</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>14</td>
</tr>
<tr>
<td>Turkey Ham + Cheese on a Hawaiian Bun</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
<tr>
<td>Cheese Stick</td>
<td>59</td>
<td>1</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>14</td>
</tr>
</tbody>
</table>

### Lunch

#### Monday
- **Chicken Walking Taco** w/ Corn
  - Calories: 206
  - Carbs: 23

#### Tuesday
- **Chicken Bites & Orange Sauce** w/ WG Veg Rice
  - Calories: 453
  - Carbs: 58

#### Wednesday
- **BBQ Beef Sandwich** ~ w/ Corn & Green Beans
  - Calories: 386
  - Carbs: 34

#### Thursday
- **Chicken WG Nuggets** ~ w/ Seasoned Potatoes
  - Calories: 413
  - Carbs: 59

#### Friday
- **Cheese Pizza**
  - Calories: 380
  - Carbs: 41

### Holiday

#### 04/08
- **Hamburger on Bun** w/ Bk Fr Potatoes
  - Calories: 415
  - Carbs: 45

#### 04/15
- **Chicken Walking Taco** w/ Corn
  - Calories: 206
  - Carbs: 23

#### 04/22
- **Hamburger on Bun** w/ Bk Fr Potatoes
  - Calories: 415
  - Carbs: 45

### No School Day

#### 04/09
- **Chicken Bites & Orange Sauce** w/ WG Veg Rice
  - Calories: 453
  - Carbs: 58

#### 04/16
- **BBQ Beef Sandwich** ~ w/ Corn & Green Beans
  - Calories: 386
  - Carbs: 34

#### 04/23
- **Chicken Bites & Orange Sauce** w/ WG Veg Rice
  - Calories: 453
  - Carbs: 58

#### 04/30
- **Turkey & Gravy** w/ Sweet Potatoes, Corn & Green Beans
  - Calories: 229
  - Carbs: 23

### Holidy

#### 04/29
- **Vegetable Burgers on Bun** w/ Crinkle Cut Potatoes
  - Calories: 379
  - Carbs: 50

#### 05/01
- **Chik’n Parmesan** ~ w/ Penne Pasta
  - Calories: 413
  - Carbs: 59

#### 05/02
- **Chicken WG Nuggets** ~ w/ Cheesy Spinach
  - Calories: 379
  - Carbs: 25

### Menu Key:
- Cal = Calories
- Carb = Carbohydrates
- ~Beef
- *Pork
- +Poultry
- *Vegan
- WG = Whole Grain

This institution is an equal opportunity provider.