

SUMMER CAFE MENU

2024

BREAKFAST

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Mini Strawberry Bagel	240	41	Yogurt 4 oz	80	15	Turkey Ham & Cheese on Hawaiian Bun	186	27	Maryland Made Cinnamon Roll & Cheese Stick	242	38	Mini Pancakes w/ Syrup	210	35
Cheese Stick	59	1	Granola	220	47	Apple Juice	60	14	Orange Juice	59	1	Yogurt 4 oz	120	31
Apple Juice	60	14	Orange Juice	35	9					35	9	Apple Juice	80	15
												Apple Juice	60	14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
				06/26		06/27		06/28						
				Chicken Enchilada	299	36	Turkey Frank on Bun	240	27	Cheese Pizza	320	36		
				Empanada			Cucumber & Tomatoes w/ Ranch	12	3	Baby Carrots w/Ranch	35	8		
				Crinkle Cut Potatoes	99	15		140	1		140	1		
07/01		07/02		07/03		07/04		07/05						
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	HOLIDAY	Cheese Pizza	320	36		
Marinara Cup	40	7	Baby Carrots w/ Ranch	35	8	Julienne Peppers w/ Ranch	11	3		Celery Sticks & Hummus w/ Ranch	2	1		
				140	1		140	1			110/140	18/1		
07/08		07/09		07/10		07/11		07/12						
Beef & Cheese Taco	362	24	Chicken Patty on Bun	342	36	Turkey Frank on Bun	240	27	Chicken Empanada	299	36	Cheese Pizza	320	36
Crisp Ups			Baby Carrots w/ Ranch	35	8	Crinkle Cut Potatoes	99	15	Cucumber & Tomatoes w/ Ranch	12	3	Cauliflower Broccoli & Hummus w/ Ranch	14	3
Salsa Cup	25	5		140	1					140	1		110/140	18/1
07/15		07/16		07/17		07/18		07/19						
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	Chicken Drumstick w/ WG Scoops	180	4	Cheese Pizza	320	36
Marinara Cup	40	7	Cauliflower Broccoli & Hummus w/ Ranch	14	3	Julienne Peppers w/ Ranch	11	3	Crinkle Cut Potatoes	110	19	Celery Sticks & Hummus w/ Ranch	2	1
				110	18		140	1		99	15		110/140	18/1
				140	1									
07/22		07/23		07/24		07/25		07/26						
Beef & Cheese Taco	362	24	Chicken Patty on Bun	342	36	Turkey Frank on Bun	240	27	Chicken Empanada	299	36	Cheese Pizza	320	36
Crisp Ups			Baby Carrots w/ Ranch	35	8	Crinkle Cut Potatoes	99	15	Cucumber & Tomatoes w/ Ranch	12	3	Cauliflower Broccoli & Hummus w/ Ranch	14	3
Salsa Cup	25	5		140	1					140	1		110	18
													140	1
07/29		07/30		07/31		08/01		08/02						
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	Chicken Drumstick w/ WG Scoops	180	4	Cheese Pizza	320	36
Marinara Cup	40	7	Baby Carrots w/ Ranch	35	8	Julienne Peppers w/ Ranch	11	3	Crinkle Cut Potatoes	110	19	Celery Sticks & Hummus w/ Ranch	2	1
				140	1		140	1		99	15		110/140	18/1
08/05		08/06												
Beef & Cheese Taco	362	24	Cheesy Pull Aparts	303	32	VEGETARIAN OPTIONS: Plant based and meatless entrees include Chik'n WG Nuggets ^v (247 cal / 24 carb), Hummus Cups ^v (110 cal /18 carb), Cheese Sticks (118 cal / 2 carb) and Peanut Butter and Jelly Sandwiches ^v (601 cal / 64 carb). Please check with the cafeteria manager.								
Crisp Ups			Marinara Cup	40	7									
Salsa Cup	25	5												

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

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)

- Hamburger Bun: 140 / 27
- Hot Dog Bun: 130 / 26
- Scoops: 110 / 19

Assorted fruit and milk are available at every meal.

FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20