

<b>ALLERGY INFORMATION</b>	Gluten Free***	Vegetarian	Vegan	Dairy Free	Almonds	Garlic	Onions	Vinegar	Cane sugar	Eggs	Milk	Sour Cream	Coconut	Flour	Citrus	Seafood	MSG free	Trans Fat Free	May Contain Soybean Oil****
<b>KIDS</b>																			
Quarter Dark Skinless	X			X		X											X	X	
Quarter Dark with skin	X			X		X											X	X	
<b>Beans and Three</b>																	X	X	
Black Beans	X	X	X	X		X	X	X	X								X	X	X
Sour Cream (vendor may vary)**	X	X									X	X					X	X	
Rice	X	X	X	X				X									X	X	
Callaloo	X	X	X	X		X	X	X	X								X	X	X
Boija Muffins		X						X	X	X	X		X	X			X	X	X
Sweet Potatoes	X	X	X	X					X								X	X	
coconut	X	X	X	X					X				X				X	X	
Bean and Corn Salad	X	X	X	X		X	X	X	X						X		X	X	X
Cole Slaw	X	X		X		X		X	X	X							X	X	X
House Salad with tomatoes and onions	X	X	X	X			X										X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Fresh Fruit	X	X	X	X													X	X	
<b>Cheese Wedges</b>																			
cheese (vendor may vary)**	X	X									X						X	X	
100% Whole Wheat Round		X	X	X					X					X			X	X	
<b>PB and J</b>	X	X	X	X					X								X	X	
100% Whole Wheat Round		X	X	X					X					X			X	X	X
Multigrain Bun (vendor may vary)**		X							**	**	**			X			X	X	X
<b>Kid Nachos- chips and cheese</b>	X	X									X						X	X	X
<b>Snacks/ Appetizers</b>																			
<b>Black Bean Dip</b>	X	X	X	X		X	X	X	X						X		X	X	X
Jalapenos	X	X	X	X				X									X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Tortilla Chips	X	X	X	X													X	X	X
100% Whole Wheat Round		X	X	X					X					X			X	X	X
Onions	X	X	X	X			X										X	X	
Black Bean Nachos appetizer (4 svg/plate): tortilla chips, bean dip, tomatoes	X	X	X	X		X	X	X	X								X	X	X
Onion	X	X	X	X			X										X	X	
Jalapeno	X	X	X	X				X									X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Sour Cream (vendor may vary)**	X	X									X	X					X	X	
Beef	X					X											X	X	
Rice	X	X	X	X				X									X	X	
Chicken	X			X		X											X	X	
white meat chicken	X			X		X											X	X	

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<b>SALADS</b>																	X	X	
Black Bean Salad with Black Beans, tomatoes, onions	X	X	X	X		X	X	X	X								X	X	X
Tortilla Chips	X	X	X	X													X	X	X
cheese (vendor may vary)**	X	X									X						X	X	
Chicken	X			X		X											X	X	
white meat chicken	X			X		X											X	X	
Beef	X			X		X											X	X	
Rice	X	X	X	X				X									X	X	
Sour Cream (vendor may vary)**	X	X									X	X					X	X	
Lucayan Salad with marinated chicken breast, Mandarin Oranges	X			X		X		X	X								X	X	X
Toasted Almonds, 1 ounce	X	X	X	X	X												X	X	
Chicken and Veggies Salad: chicken breast, tomatoes, carrots, cukes	X			X		X											X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Lite Tropical Chicken Salad, 2/3 cup serving	X			X			X	X	X	X							X	X	X
Lite Tuna Salad, 2/3 cup svg	X			X			X	X	X	X					X	X	X	X	X
<b>Chicken</b>																	X	X	
Quarter Dark Skinless	X			X		X											X	X	
Quarter Dark with skin	X			X		X											X	X	
Quarter White Skinless	X			X		X											X	X	
Quarter White with Skin	X			X		X											X	X	
Pulled BBQ White Chicken	X			X		X	X	X	X								X	X	
<b>SIDE ITEMS and BREAD</b>																			
Black Beans (1/2 c)	X	X	X	X		X	X	X	X								X	X	X
Sour Cream (vendor may vary)**	X	X									X	X					X	X	
Rice (1/2 c)	X	X	X	X				X									X	X	
Callaloo (1/2 c)	X	X	X	X		X	X	X	X								X	X	X
Boija Muffin		X						X	X	X	X		X	X			X	X	X
Sweet Potatoes (1/2 c)	X	X	X	X					X				X				X	X	
coconut	X	X	X	X					X				X				X	X	
Bean and Corn Salad (1/2 c)	X	X	X	X		X	X	X	X						X		X	X	X
actual sodium, carbs and fat are lower as canned products are reported with excess sodium that is drained away and marinade is drained when served																			
Cole Slaw (1/2 c)	X	X		X		X		X	X	X							X	X	X
actual sodium, carbs and fat are lower as slaw dressing is drained when served																			
House Salad with tomatoes and onions	X	X	X	X			X										X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Orzo Pasta Salad		X	X	X		X	X	X	X					X	X		X	X	X
Fresh Fruit (1/2 c)	X	X	X	X													X	X	
Tortilla Chips	X	X	X	X													X	X	X
Potato Chips, 1ounce	X	X	X	X													X	X	X
100% Whole Wheat Round		X	X	X					X					X			X	X	X
Multigrain Bun (vendor may vary)**		X							**	**	**			X			X	X	X

