

ALLERGY INFORMATION	Gluten Info***	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****
KIDS																			
Quarter Dark Skinless	X			X		X											X	X	
Quarter Dark with skin	X			X		X											X	X	
Beans and Three																	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	
Cheese Wedges																			
cheese (vendor may vary)**	X	X									X						X	X	
100% Whole Wheat Round		X	X	X					X					X			X	X	
PB and J	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
Kid Nachos- chips and cheese	X	X									X						X	X	X
Snacks/ Appetizers																			
Black Bean Dip	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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SALADS																	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
Chicken																	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	
SIDE ITEMS and BREAD																			
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

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Sandwiches- not including bread see Bun and pita above																			
Burger	X					X											X	X	
cheese (vendor may vary)**	X	X								X							X	X	
Chicken Breast with Lettuce	X			X		X											X	X	
Pulled BBQ White Chicken	X			X		X	X	X	X						X		X	X	
Veggie with lettuce, tomatoes, cucumbers, carrots, onions (SEE BREAD ABOVE)	X	X	X	X			X										X	X	
cheese (vendor may vary)**	X	X									X						X	X	
Lite Chicken Salad	X			X			X	X	X	X							X	X	X
Lite Tuna Salad	X			X			X	X	X	X					X	X	X	X	X
Homemade Veggie Burger		X	X	X		X	X							X			X	X	X
cheese (vendor may vary)**	X	X									X						X	X	
Homemade Sauces and Dressings (1TB portion)																			
BBQ	X	X	X	X		X	X	X	X						X		X	X	
Curry	X	X	X	X			X	X	X								X	X	
Jerk		X	X	X		X	X	X	X						X		X	X	X
House Vinaigrette	X	X	X	X				X	X								X	X	X
Lite House Vinaigrette	X	X		X				X	X	X							X	X	X
Lite Honey Lime	X	X		X				X	X	X					X		X	X	X
Lite Cucumber Dill	X	X		X		X	X	X		X							X	X	X
Tangy Sauce (contains sour**)	X	X				X	X	X	X			X					X	X	
Lite Zesty Ranch	X	X				X	X	X		X	X						X	X	X
Drinks																			
Fruit Tea	X	X	X	X					X						X		X	X	
DESSERT BARS																			
Chocolate Mint Bars		X		X					X	X				X			X	X	X
Calypso Bar		X		X	X				X	X			X	X	X		X	X	X
Carrot Cake Bar		X		X					X	X				X			X	X	X
SOUPS																			
Chicken Pasta				X		X	X							X			X	X	X
Veggie Stew	X	X	X	X		X	X										X	X	X
Vegetarian Chili	X	X	X	X			X										X	X	
Bean and Barley	X	X	X	X		X	X										X	X	X
White Chili and Gumbo	X			X		X	X										X	X	X
Tortilla Soup				X		X	X							X			X	X	X
Tomato Basil	X	X	X	X		X	X		X								X	X	X

Vendor may vary which could alter data. Cheese and Sour cream can contain gluten. *Gluten Information: Made with ingredients that do not naturally contain gluten. Ingredients are stored in facilities where gluten dust may be present. Depending on vendor, Cheese and Sour Cream can contain gluten.

****Jerk Sauce contains soy sauce, but all other menu items soy free except vegetable oil may contain soybean oil