



7 Pack Breakfast Menu

Box B100	Vegetable Omelet Hashbrown Casserole Diced Peaches Bread & Butter Orange Juice 1% Milk	Ham & Cheese Frittata Buttermilk Pancakes Syrup Oatmeal Diced Pear Cup 1% Milk	Breakfast Burrito (Eggs, Sausage, Cheese, Pico de Gallo) Sweet Potato Hash Orange Juice 1% Milk	Southwest Omelet Black Beans & Corn Pineapple tidbits Corn Muffin 1% Milk	Scrambled Eggs Turkey Sausage Biscuit Oatmeal Peaches & Granola 1% Milk	Cinnamon French Toast Fruit Compote Turkey sausage Pears Orange Juice 1% Milk	Hashbrown Egg Strata Rasin Bran Cereal Bread Margarine 1% Milk
Box B200	Scrambled Egg with Cheese Turkey Sausage Roasted Fuji Apples Oatmeal Strawberry Nutri grain 1% Milk	Denver Omelet Cheerios Cereal Roasted Potatoes Apple Crumble 1% Milk	Hearty Breakfast Bowl Orange Juice Oatmeal Sausage Biscuit Margarine 1% Milk	Bacon, Egg & Cheese English Muffin Home Fries Oatmeal Orange Juice	Cheese & Bacon Omelet Italian Beans Diced Pears Bread & Butter 1% Milk	Pork & Egg Hash Raisin Bran Cereal Tropical Fruit Orange Juice 1% Milk	Turkey & Cheese Frittata Home Fries Seasoned Greens Wheat Bread (2) Margarine 1% Milk

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Box 715	Burgundy Pork Tenderloin Mediterranean Green Beans Cheesy Quinoa Bread & Margarine Orange Juice 1% Milk	Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce 1% Milk	Roast Turkey & Gravy Bread Stuffing Mashed Potatoes French Green Beans Diced Pears 1% Milk	Chicken Breast Parm Spinach Pasta Alfredo Tropical Fruit 1% Milk	Pot Roast Mashed Potatoes Green Beans Diced Pears Whole Grain Bread Choc Chip Oatmeal Bar 1% Milk	Denver Omelet Home Fries Apple Crumble Whole Grain Bread 1% Milk	Smothered Beef Steak Roasted Red Potatoes Peas & Carrots Whole Grain Bread Mixed Fruit Cup 1% Milk
Box 716	BBQ Pulled Pork Sandwich Whole Grain Bun Seasoned Black Beans Brussels Sprouts Tropical Fruit 1% Milk	Dijon Chicken Rice Pilaf Spinach Bread / Margarine Mandarin Oranges 1% Milk	Spaghetti & Meat Sauce Broccoli Florets W/Grain Breadstick Margarine Grape Juice 1% Milk	Hearty Beef Stew Apple Crumble Wheat Bread Margarine 1% Milk	Cheeseburger Whole Grain Bun Potato Wedges Southern Green Beans Applesauce Ketchup & Mustard 1% Milk	Chicken Bacon Mac Broccoli Florets Whole Grain Bread Pineapple 1% Milk	Turkey & Cheese Frittata Home Fries Seasoned Greens Whole Grain Bread Orange Juice 1% milk
Box 717	Pan Fried Chicken Red Skin Mashed Potato Southern Green Beans Bread & Margarine Oatmeal Cookie 1% Milk	Sweet & Sour Pork Whole Grain Rice Asian Fry Vegetables Strawberry Applesauce 1% Milk	Chicken Breast Marsala Mashed Potatoes Peas & Onions Bread & Margarine Mandarin Oranges 1 % Milk	Shepherd's Pie Balsamic Brussels Bread & Margarine Pineapple Cup 1% Milk	Beef Ravioli Marinara Roasted Broccoli Italian White Beans Whole Grain Bread Tropical Fruit 1% Milk	Roast Turkey & Gravy Bread Stuffing Mashed Potatoes Green Beans & Corn Diced Pears 1% Milk	Beef Taco Soup Tortilla Chips Tropical Fruit 1% Milk
Box 718	Bourbon BBQ Meatloaf Mashed Potatoes Broccoli & Cheese Oatmeal Cookie Strawberry Applesauce 1% Milk	Hearty Chili with Beans Twice Baked Potato Oyster Crackers Grape Juice 1% Milk	Chicken Burrito Bowl Seasoned Black Beans Fajita Vegetables Tortilla Tropical Fruit Salad 1% Milk	BBQ Chicken Breast Whole Grain Bun Baked Pork & Beans Cabbage & Apple Slaw Peaches 1% Milk	Pot Roast Mashed Potatoes Green Beans Diced Pears Whole Grain Bread Oatmeal Raisin Cookie 1% Milk	Salisbury Steak & Gravy Mashed Potatoes Sauteed Red Cabbage Bread & Margarine Diced Pears 1% Milk	Chicken & Broccoli Stir Fry Fried Rice Corn & Edamame Blend Pineapple 1% Milk
Box 719	Pulled Pork Burrito Bowl Tortilla Mandarin Oranges 1% Milk	Stir Fry Chicken Brown Rice Vegetable Blend Mandarin Oranges Whole Grain Bread 1% Milk	Beefy Macaroni Casserole Roasted Zucchini Whole Grain Bread Peaches 1% Milk	Cheeseburger Whole Grain Bun Potato Wedges Green Beans Applesauce Ketchup & Mustard 1% Milk	Lasagna Parmesan Broccoli Tropical Fruit Garlic Breadstick Oatmeal Cookie 1% Milk	Chicken Pot Pie Winter Blend Veggies Peaches Lemon Snack Bar 1% Milk	Swiss Steak Macaroni & Cheese Peas & Carrots Bread & Margarine Applesauce 1% Milk
Box 720	Supreme Pizza Bowl Whole Grain Bread Margarine Applesauce 1% Milk	Chicken Tenders Black Beans & Corn Broccoli Florets Mandarin Oranges Bread & Margarine 1% Milk	Spaghetti & Meatballs Italian Green Beans Whole Grain Bread Tropical Fruit 1% Milk	Grilled Chicken Breast Whole Grain Bun Potato Wedges Cinnamon Apples Mayonnaise 1% Milk	Bourbon Braised Beef Egg Noodles Broccoli & Cheese Diced Peaches 1% Milk	Breakfast Bowl Sausage Biscuit Orange juice Margarine 1% Milk	Beef Burrito Salsa Verde Black Beans & Rice California Vegetable Blend Peach Cup 1% Milk

Box 715	Pro %	CHO %	Fat %	SFA %	Fib g	CA mg	NA mg	KCal
Burgundy Pork	21.1	45.9	33.1	10	7.3	374	623	650
Bourbon Meatloaf	22.7	51.4	25.9	10	10.4	494	607	657
Roast Turkey	21.1	45.9	33.1	10	7.3	374	623	650
Parmesan Chicken	31.1	46.1	22.8	9.5	8.1	601	770	636
Pot Roast	20	52.7	27.2	9.7	9.1	352	395	646
Denver Omelet	21.9	53.6	24.5	10	8.1	420	970	658
Smothered Beef	17.3	51.2	31.5	11	10	352	926	710
Average	22.2	49.5	28	10.0	8.614	424	702	658

Box 716	PRO %	CHO %	FAT %	SFA %	FIB g	CA mg	NA mg	KCal
BBQ Pork	24	52.8	23.2	7.1	10.9	407	816	658
Dijon Chicken	23.7	44.7	31.6	9.4	5	499	914	699
Spaghetti	19.9	50.4	29.7	8.8	6.3	480	621	681
Beef Stew	27.4	49.5	23.1	7	10.6	376	1053	627
Cheeseburger	21.5	47.1	31.4	14.7	9.6	477	1069	654
Chic Bac Mac	27.5	50.1	22.4	11.2	7.8	596	1007	682
Turkey Frittata	23.8	45.8	30.3	11.2	9.6	541	753	643
Average	24.0	48.6	27	9.9	8.5	482	890	663

Box717	PRO %	CHO %	FAT %	SFA%	FIB g	CA mg	NA mg	KCal
Fried Chicken	27.7	42.1	30.2	9.7	6.7	422	801	653
Swt Sour Pork	23.1	48	28.9	7.7	8.1	416	687	735
Chicken Marsala	26.8	46.9	26.3	10	7.9	401	1004	627
Shepherds Pie	21.5	48.7	29.8	10	11.9	472	516	710
Ravioli	18.7	57.6	23.7	10.5	11.7	656	899	629
Turkey	22	45	33	11.5	6.9	405	895	660
Taco Soup	24.9	47.6	27.5	9.6	8.9	406	651	708
Average	23.5	48.0	28	9.9	8.9	454	779	675

Box 718	PRO %	CHO %	FAT %	SFA%	FIB g	CA mg	NA mg	KCal
Meatloaf	22.7	51.4	25.9	10.5	10.4	499	607	657
Chili	20.2	49.5	30.3	13.8	7.5	533	661	757
Burrito Bowl	30.5	43.6	25.9	14	8.7	581	713	635
BBQ Chicken	23	53.3	23.6	4.7	8.3	401	986	661
Pot Roast	20.5	48.7	30.8	12.6	9.5	398	567	654
Salisbury	23.1	45.8	31	9.2	10.4	392	664	631
Chicken Stir Fry	24.7	46.6	28.7	4.8	12.7	445	923	706
Average	23.5	48.4	28	9.9	9.6	464	732	672

Box 719	PRO %	CHO %	FAT%	SFA %	FIB g	CA mg	NA mg	KCal
Pork Burrito	25.1	54.3	20.6	8.1	10.4	603	451	687
Stir Fry	19.2	53.6	27.2	5.9	9.8	459	944	715
Beefy Macaroni	21.7	48.3	30	11	8.3	426	923	685
Cheeseburger	21.8	46.5	31.8	14	9	476	1000	667
Lasagna	15.2	54.4	30.4	13.6	6.9	456	671	626
Chicken Pot Pie	25.1	45.6	29.3	15.7	7.3	397	725	691
Swiss Steak	26.7	41.6	31.7	13.9	10.6	637	726	685
Average	22.1	49.2	29	11.7	8.9	493	777	679

Box 720	PRO%	CHO%	FAT%	SFA %	FIB g	CA mg	NA mg	KCAL
Pizza Casserole	20.3	48.5	31.2	13	14.4	683	1063	670
Chicken Tender	21.2	52	26.7	4.8	9	416	867	653
Spaghetti	22	55.9	22	8.2	10.3	433	649	638
Chicken Sandwich	23.4	54.7	21.8	4.4	7.6	400	1024	712
Beef Tips	24.9	47.6	27.5	12.4	5.9	463	473	729
Breakfast Bowl	24.3	42.3	33.7	14	4.1	561	788	637
Beef Burrito	18.3	55.9	25.8	10.5	11.1	542	919	740
Average	22.06	50.986	26.96	9.6	8.914	499.7	826.1	683

Breakfast B100	PRO%	CHO%	FAT%	SFA %	FIB g	CA mg	NA mg	KCAL
Vege Omelet	19.2	57	23.7	9.4	8.9	542	1029	629
Frittata	21.3	45.8	32.9	12.6	8.8	728	863	739
Burrito	20.5	53.6	25.9	9	8	603	688	726
Southwest Omelet	24.6	47.5	27.9	10	7.2	454	988	725

Egg	20.4	49.5	30.2	9.9	7.3	553	783	650
French Toast	18.5	57.8	23.7	7	7.9	368	773	705
Egg Strata	21.4	49.6	29.1	9.7	8.9	497	1021	697
Average	20.84	51.543	27.63	9.7	8.143	535	877.9	696

Breakfast B200	Pro%	CHO%	Fat %	SFA %	Fib g	CA mg	NA mg	KCal
Scrambled Eggs	22.7	48.9	28.4	9.9	8.3	674	873	699
Denver Omelet	21.2	47.8	31.1	10.4	5.7	547	919	690
Breakfast Bowl	21.1	48.4	30.5	11.8	7.9	538	935	645
Muffin Sandwich	18.7	54.7	26.6	7.9	8.6	591	1095	712
Bacon Omelet	25.1	49.3	25.7	10.1	12.5	715	1034	637
Pork & Egg	24.4	54.2	21.4	8	8.2	553	566	640
Turkey Frittata	23.6	46.6	29.8	9.7	8.3	505	806	710
Average	22.4	50.0	28	9.7	8.5	589	890	676