Grilled Cheese

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes Grilled cheese, popcorn, and a drink.

Texas White Bread
Ingredients: Enriched wheat flour, water, sugar/glucose-fructose, yeast, salt, defatted soy flour, soybean and/or canola oil, calcium propionate, diacetyl tartaric acid esters of mono- and diglycerides, sodium stearoyl-2-lactylate, sorbic acid, vegetable monoglycerides, may contain added wheat gluten. Order may vary.

Allergens: Gluten, soy, wheat, may contain sesame

Natural Mild Cheddar Cheese
Ingredients: Pasteurized milk, Modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, and annatto.

Allergens: Milk

Ketchup
Ingredients: Tomato paste (from fresh, ripe tomatoes), sugar, vinegar, salt, spices.

Popcorn
Ingredients: Whole grain popcorn, coconut oil, salt, natural and artificial flavor, beta carotene and riboflavin for color.

Allergens: N/A

Apple Juice Box
Ingredients: Filtered water, fruit juices from concentrate (grape, apple, passionfruit and mango), citric acid (controls tartness), natural flavour, ascorbic acid (vitamin C), potassium citrate, natural colour, sucralose, acesulfame-potassium.

Allergens: N/A

Nutrition Information (Approximate Values)
- Calories: 125
- Protein: 24
- Carbohydrates: 74 GR
- Fat: 5 GR
- Fiber: 1 GR
- Sodium: 989 ME
- Sugar: 6 GR

Spaghetti and Meatballs

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes garlic bread and a drink.

Tomato sauce
Ingredients: Tomatoes, water, salt, sugar, citric acid, garlic powder, onion powder and amp; spices.

Allergens: N/A

Meatballs
Meat option:
Ingredients: Halal beef, mechanically separated chicken, water, whole liquid egg, textured soy protein concentrate, dehydrated onion, corn syrup solids, soy protein concentrate, breadcrumbs, textured soy flour, salt, flavor, sodium phosphate, spices.

Allergens: Soy, wheat, eggs, gluten, mustard

Vegetarian option: Meatless Meatballs
Ingredients: Water, textured vegetable protein: Soy protein concentrate, barley malt extract, wheat gluten, canola oil, soy protein, isolate, methylcellulose, yeast extract, onion powder, malt extract: malted barley, water, sea salt, spices, cane sugar, distilled vinegar, dehydrated, onion, dehydrated garlic, maltodextrin, herbs, garlic powder, dipotassium phosphate, natural flavors, salt, sugar, red chili flakes, pea protein, vitamins and minerals: tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, pyridoxine hydrochloride, thiamine, hydrochloride, riboflavin, copper gluconate. Contains: Barley, Soy, Wheat

Allergens: Soy, wheat. May contain sulphites.

Spaghetti
Ingredients: Drum wheat semolina, niacin, ferrous sulphate, thiamin, riboflavin, folic acid.

Garlic bread
Ingredients: Bread: enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, microbial enzymes. Spread: Soybean oil, water, dried garlic, modified palm oil, modified milk ingredients, salt, vegetable monoglyceride, citrus flour, natural flavour, dried parsley, beta-carotene.

Allergens: Soy

Grated Romano Parmesan
Ingredients: Modified milk ingredients, parmesan cheese (Milk, modified milk ingredients, salt, bacterial culture, lipase, microbial enzymes, calcium chloride, potassium sorbate. Contains: milk

Apple Juice Box
Ingredients: Filtered water, fruit juices from concentrate (grape, apple, passionfruit and mango), citric acid (controls tartness), natural flavour, ascorbic acid (vitamin C), potassium citrate, natural colour, sucralose, acesulfame-potassium.

Allergens: N/A

Nutrition Information (Approximate Values)

- Calories: 450
- Protein: 20 grams
- Carbohydrates: 49 grams
- Fat: 8 grams
- Fiber: 5 grams
- Sodium: 450 ME
- Sugar: 6 grams

Chicken Tenders

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes 3 pieces of chicken tenders, sweet potato fries, and a drink.

Chicken tenders

Ingredients: Chicken breast strips, water, wheat flour, modified corn starch, soy and/or canola oil, yellow corn flour, soy protein isolate, salt, whole wheat flour, wheat gluten, baking powder, potassium chloride, modified palm oil, defatted soy flour, flavour, spices, onion powder, garlic powder, spice extractives, celery powder, guar gum.

Allergens: Soy, wheat, may contain milk and eggs.

Vegetarian option: Falafel balls (chickpeas, water, canola, sunflower oil, chickpea flour, potato flakes(potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), baking powder, salt, onion powder, garlic powder, sugars(dextrose), dextrin, chicory root fibers(inulin), powdered cellulose, spices, sunflower oil.

Sweet Potato fries

Ingredients: Sweet potatoes, vegetable oil (soybean oil and /or canola oil), modified potato starch, rice flour, corn starch, corn dextrin, salt, sea salt, xanthan gum, extractive of annatto.

Allergens: Wheat

Plum sauce

Ingredients: Sugar, and/or glucose-fructose, water, pumpkin, white vinegar, salt, modified corn starch, plum and /or apricot puree, guar gum, molasses, sodium benzoate, garlic powder, spices, caramel colour.

Allergens: N/A

Apple Juice Box

Ingredients: Filtered water, fruit juices from concentrate (grape, apple, passionfruit and mango), citric acid (controls tartness), natural flavour, ascorbic acid (vitamin C), potassium citrate, natural colour, sucralose, acesulfame-potassium.

Allergens: N/A

Nutrition Information (Approximate Values)

- Calories: 650
- Protein: 59.2 grams
- Carbohydrates: 20 grams
- Fat: 12 grams
- Fiber: 2.16 grams
- Sodium: 16.7grams
- Sugar: 6 grams

Ham and Cheese Pinwheels

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes Ham and cream cheese rolled in a tortilla, popcorn, and a drink.

Black Forest Ham (Gluten free)
Ingredients: Pork, water, salt, sugars (corn syrup solids), flavour, modified vinegar, potassium chloride, sodium nitrite, smoke.
Allergens: Sulphites
Vegetarian option: Cream cheese, sliced cheddar and cucumbers

Whole Wheat Tortilla Wrap
Ingredients: Whole wheat flour, water, canola and/or soybean oil, sodium acid pyrophosphate, salt, mono-& diglycerides, sodium bicarbonate, corn starch, sodium propionate, fumaric acid, sodium stearoyl lactylate, cellulose gum, carrageenan and/ or xanthan gum and/or guar gum, maltodextrin, l-cysteine.
Allergens: Wheat

Cream Cheese
Ingredients: Milk ingredients, bacterial culture, salt, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum.
Allergens: Milk

Mild Cheddar Cheese (Vegetarian option only)
Ingredients: Pasteurized milk, modified milk ingredients, salt bacterial culture, calcium chloride, microbial enzyme, annatto.

Allergens: Milk

Buttermilk Ranch dressing
Ingredients: Soybean oil, water, buttermilk, white vinegar, sugar, salt, frozen egg yolk, modified milk ingredients, maltodextrin, dehydrated garlic, dehydrated onion, phosphoric acid, xanthan gum, spices, potassium sorbate, dehydrated parsley, calcium disodium edta, citric acid.

Allergens: Milk, eggs

Apple Juice Box
Ingredients: Filtered water, fruit juices from concentrate (grape, apple, passionfruit and mango), citric acid (controls tartness), natural flavour, ascorbic acid (vitamin C), potassium citrate, natural colour, sucralose, acesulfame-potassium.

Allergens: N/A

Nutrition Information (Approximate Values)
- Calories: 92
- Protein: 20 grams
- Carbohydrates: 10.8 grams

- Fat: 17.5 grams
- Fiber: 1 gram
- Sodium: 119 ME
- Sugar: 3 grams

Cheese Pizza

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes a slice of cheese pizza, sour key, and a drink.

Donna Italia Cheese Pizza
Ingredients: Crust (enriched wheat flour, water, extra virgin olive oil, salt, yeast), mozzarella cheese (pasteurized milk, salt microbial enzyme, starter cultures), tomato sauce9tomato pulp, extra virgin olive oil, salt, basil, corn starch, dried oregano, garlic puree)

Allergens: Wheat, milk. May contain soy, mustard

Sour Key
Ingredients: Sugar, glucose, modified starch, citric and malic acids, natural and artificial flavors, coloring agents

Apple Juice Box
Ingredients: Filtered water, fruit juices from concentrate (grape, apple, passionfruit and mango), citric acid (controls tartness), natural flavour, ascorbic acid (vitamin C), potassium citrate, natural colour, sucralose, acesulfame-potassium.

Allergens: N/A

Nutrition Information (Approximate Values)
- Calories: 210
- Protein: 12.1 grams
- Carbohydrates: 41 grams
- Fat: 12 grams
- Fiber: 1.5 grams
- Sodium: 440 mg
- Sugar: 24 grams