

# DAILY - MENU

Wednesday, December 2, 2020

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
CALZONE										
Cheese	1 ea	729	55	33	1677	11	3	48	Milk	
Pepperoni	1 ea	632	49	28	1299	8	2	39	Milk	
Chicken	1 ea	1522	54	28	1447	176	8	78	Milk, Soy, Wheat	
Sausage	1 ea	1123	85	45	3022	23	4	67	Milk	
PASTA										
With Tomato Sauce	1 ea	736	4	0	234	154	5	26	Eggs, Milk, Soy, Wheat	
With Alfredo Sauce	1 ea	1020	23	6	533	176	4	33	Eggs, Milk, Soy, Wheat	

With Blush Sauce	1 ea	915	13	3	266	173	4	31	Eggs, Milk, Soy, Wheat
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PASTA SPECIAL

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Chicken Bacon Ranch Pasta Bake	1 ea	1983	32	10	1020	339	10	85	Eggs, Milk, Soy, Wheat
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Macaroni & Cheese	8 oz	125	6	3	350	12		6	Eggs, Milk, Soy, Wheat
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PIZZA

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Cheese	1 ea	941	70	40	2559	22	4	59	Milk
Pepperoni	1 ea	1223	99	47	2322	19	3	63	Milk
Gluten- Friendly Pizza	1 ea	337	9	6	667	53	2	11	Eggs, Milk

PIZZA (SHEET)

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Sheet Cheese Pizza	1 ea	2541	85	40	5759	332	14	119	Eggs, Milk, Soy, Tree Nuts, Wheat
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PIZZA SLICE

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Cheese	1 ea	122	9	5	333	3	1	8	Milk
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Pepperoni	1 ea	153	12	6	290	2	0	8	Milk
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PIZZA SPECIALTY

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BBQ Chicken	1 ea	1404	74	36	3806	106	5	78	Milk, Wheat
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Buffalo Chicken	1 ea	190	15	5	862	5	0	9	Eggs, Milk, Soy, Wheat
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Italian Veggie Supreme	1 slice	145	10	5	355	4	1	9	Milk, Soy
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QUESADILLAS

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Chicken	1 ea	1185	32	15	1565	164	11	59	Milk, Soy, Wheat
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Cheese	1 ea	621	28	16	1392	70	8	26	Milk, Soy, Wheat
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SALADS

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Dinner Salad

Chef Salad

SANDWICHES AND SUBS

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Pomodori Chicken	1 ea	1322	24	5	1113	225	7	49	Eggs, Fish, Milk, Shellfish, Soy, Wheat
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The Cowboy	1 ea	1384	26	10	1644	208	6	70	Eggs, Milk, Soy, Wheat
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Feel the Burn	1 ea	1213	16	4	1686	216	7	49	Eggs, Milk, Soy, Wheat
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BBQ Chicken	1 ea	1588	37	15	1541	239	9	68	Milk, Soy, Wheat
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Buffalo Chicken	1 ea	1768	43	8	3174	252	9	84	Eggs, Milk, Soy, Wheat
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Chicken Parmesan	1 ea	1862	41	17	2036	258	11	101	Milk, Soy, Wheat
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SIDES

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Loaded Fries	4 oz	846	69	21	1743	33	3	24	Eggs, Milk, Soy, Wheat
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Mozzarella Sticks	3 ea	501	35	10	1208	35	3	14	Milk, Soy, Wheat
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French Fries	4 oz	467	31	5	1100	41	3	3	Soy, Wheat
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Onion Rings	1 ea	471	30	5	628	47	2	4	Milk, Soy, Wheat
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Garlic Breadsticks	1 ea	55	3		395	8		1	Milk, Soy, Wheat
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Cheesy Breadsticks	1 ea	87	7	4	203	1	0	6	Milk, Soy, Wheat
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TENDERS

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Chicken Tenders	4 oz	825	11	3	343	126	4	49	Milk, Soy, Wheat	
Chicken Parm Tenders	3 ea	1539	36	16	1473	201	9	92	Milk, Soy, Wheat	
WINGS										
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Regular or Boneless										
Large (50)	1 ea	4034	197	79	12577	130	4	255	Eggs, Milk, Soy, Wheat	
Medium (30)	1 ea	2427	118	47	7579	79	3	153	Eggs, Milk, Soy, Wheat	
Small (10)	1 ea	824	39	16	2658	30	1	51	Eggs, Milk, Soy, Wheat	
WINGS SAUCE (NUTRITION FOR SMALL)										
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Hot	1 ea	906	46	19	4752	19	1	61	Milk	GF

Buffalo	1 ea	923	52	19	4167	13	1	61	Eggs, Milk, Soy	GF
BBQ	1 ea	986	46	19	1999	39	1	61	Eggs, Milk, Soy	GF
Golden BBQ	1 ea	1021	46	19	2327	44	1	61	Eggs, Milk, Soy, Wheat	
Sweet Red Chili	1 ea	1106	46	19	2702	68	1	61	Eggs, Milk, Soy, Wheat	
Garlic Parmesan	1 ea	1106	70	22	2822	14	1	61	Eggs, Milk, Soy	GF