

24oz Fountain Soda	2.30	170 - 220 cal
32oz Fountain Soda	2.57	340 - 440 cal
20 oz. Bottle Soda	2.15	0 - 375 cal
14 oz. Bottled Juice	2.72	100 - 410 cal
16oz Coffee	1.89	0 cal
20oz Coffee	2.10	0 cal
16oz Tea	1.41	0 cal
Bottled Water	2.05	0 cal

Plain Bagel	1.52	280 cal
Cream Cheese	0.62	70 cal
Croissant	2.10	300 cal
Cereal Cup	1.78	130-250 cal
Chips	1.26	140-280 cal
Donut	1.73	195 cal
Cookie	1.67	250 cal
Fruit Snack	3.36	150 cal
Whole Fruit	1.08	40 cal
Hard Boiled Egg	1.63	140 cal
Cheese & Grapes	2.15	270 cal
Yogurt Parfait	3.36	200 cal



PB&J	1.26	300 cal	Pretzel	2.05	320 cal
Turkey & Swiss Sub	5.77	300 cal	Muffin	2.00	420 cal
Spicy Italian Sub	5.77	460 cal	Danish	2.20	290 cal
Ham & Cheese on Kaiser	4.98	320 cal	Garden Salad	4.25	80 cal
Buffalo Chicken Wrap	5.14	600 cal	Spinach Apple Salad	4.25	240 cal
Chicken Caesar Wrap	5.14	570 cal	Chicken Caesar Salad	6.13	310 cal
Tuna Wrap	5.14	590 cal	Chef Salad	6.13	360 cal
Grilled Veggies w/ Hummus Wrap	4.77	400 cal	Popcorn Chicken Salad	6.13	230 cal
			Buffalo Chicken Salad	6.13	270 cal
			BLT Chicken Salad	6.13	310 cal

