

SUMMER CAFE MENU

2025

BREAKFAST											
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Belgian WG Waffle	220-240	36-37	Turkey Ham & Cheese	186	27	Yogurt 8 oz	150	30	Maryland Made	210-242	35-38
Cheese Stick	59	1	on Hawaiian Bun			Granola	220	47	Apple/Cinnamon Roll &		
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Cheese Stick	59	1
									Orange Juice	35	9
									Mini Pancakes	210	35
									w/ Syrup	120	31
									Yogurt 4 oz	80	15
									Apple Juice	60	14
LUNCH											
MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
06/30	CAL	CARB	07/01	CAL	CARB	07/02	CAL	CARB	07/03	CAL	CARB
Cheesy Pull Aparts	300	32	Chicken Patty on	342	36	Roast Chicken Drumstick	280	6	Cheese Pizza	320	36
Marinara Cup	40	7	WG Bun			w/ Roll	78	15	Baby Carrots	30	7
Crinkle Cut Potatoes	99	15	Roast Chickpeas	180	27	Celery Sticks & Grape	11	2	w/ Ranch	200	2
						Tomatoes w/ Ranch	200	2			
07/07	CAL	CARB	07/08	CAL	CARB	07/09	CAL	CARB	07/10	CAL	CARB
Cheese Crunchers	430	42	Chicken Enchilada	300	36	Hamburger/	291	28	Chicken WG Nuggets	242	16
Marinara Cup	40	7	Empanada w/ Salsa	25	5	Cheeseburger	325	29	Celery Sticks & Grape	11	2
Roast Chickpeas	180	27	Crinkle Cut Potatoes	99	15	Baby Carrots	30	7	Tomatoes		
						w/ Ranch	200	2	w/ Ranch	200	2
07/14	CAL	CARB	07/15	CAL	CARB	07/16	CAL	CARB	07/17	CAL	CARB
Chicken Patty on	342	36	Cheesy Pull Aparts	300	32	Roast Chicken Drumstick	280	6	Beef & Cheese Taco	362	24
WG Bun			Marinara Cup	40	7	w/ Roll	78	15	Crisp Ups w/ Salsa	25	5
Baby Carrots	30	7	Crinkle Cut Potatoes	99	15	Celery Sticks & Grape	11	2	Mixed Bell Pepper Strips	13	3
w/ Ranch	200	2				Tomatoes w/ Ranch	200	2	w/ Ranch	200	2
07/21	CAL	CARB	07/22	CAL	CARB	07/23	CAL	CARB	07/24	CAL	CARB
Cheese Crunchers	430	42	Chicken Enchilada	300	36	Hamburger/	291	28	Chicken WG Nuggets	242	16
Marinara Cup	40	7	Empanada w/ Salsa	25	5	Cheeseburger	325	29	Celery Sticks & Grape	11	2
Roast Chickpeas	180	27	Crinkle Cut Potatoes	99	15	Baby Carrots	30	7	Tomatoes		
						w/ Ranch	200	2	w/ Ranch	200	2
07/28	CAL	CARB	07/29	CAL	CARB	07/30	CAL	CARB	07/31	CAL	CARB
Chicken Patty on	342	36	Cheesy Pull Aparts	300	32	Roast Chicken Drumstick	280	6	Beef & Cheese Taco	362	24
WG Bun			Marinara Cup	40	7	w/ Roll	78	15	Crisp Ups w/ Salsa	25	5
Baby Carrots	30	7	Crinkle Cut Potatoes	99	15	Celery Sticks & Grape	11	2	Mixed Bell Pepper Strips	13	3
w/ Ranch	200	2				Tomatoes w/ Ranch	200	2	w/ Ranch	200	2
08/04	CAL	CARB	08/05	CAL	CARB	08/06	CAL	CARB	08/07	CAL	CARB
Cheese Crunchers	430	42	Chicken Enchilada	300	36	Hamburger/	291	28	Chicken WG Nuggets	242	16
Marinara Cup	40	7	Empanada w/ Salsa	25	5	Cheeseburger	325	29	Celery Sticks & Grape	11	2
Roast Chickpeas	180	27	Crinkle Cut Potatoes	99	15	Baby Carrots	30	7	Tomatoes		
						w/ Ranch	200	2	w/ Ranch	200	2
ALTERNATE VEGETARIAN ITEMS											
Chik'n Nuggets ^v w/ Scoops (323 cal/42 g carb) Peanut Butter & Jelly WG Uncrustable Sandwich ^v (591 cal/64 g carb) (2)-Hummus Cups ^v (220 cal/36 g carbs) (2)-Cheese Sticks (118 cal/2 g carbs) Cheese Stick & Hummus (169 cal/19g carbs)											
Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^v = Vegan WG = Whole Grain						Standard Calorie/Carb Counts for Bread/Grains (calories/grams)					
Assorted fruit and milk are available at every meal. FRUIT: Calories 20-127 Carbs 7-33 1% OR FAT FREE MILK: Calories 90-120 Carbs 13-20 SOY MILK: Calories 140 Carbs 17						- Hamburger Bun: 140 / 27 - Hot Dog Bun: 130 / 26 - Scoops: 110 / 19 - Dinner Roll: 78/15 - Blueberry Chex Cereal: 240 / 44 - Honey Cheerios Cereal: 210/44					