

# Kids' Classics

(Amounts in parentheses are grams of carbohydrates)



## All-Time Favorites

Spaghetti (45g) – topped with your choice of marinara (10g) or meat sauce (5g).

Kraft® Macaroni & Cheese (45g)



Cheese Pizza (65g)

Cheese Quesadilla (30g)

Toppings: salsa (3g), guacamole (4g), sour cream

Deli Sandwich (30g) – your choice of turkey, ham, tuna or chicken salad.

Peanut Butter & Jelly Sandwich (40g)

Campbell's Soup® – chicken noodle (8g), vegetable (14g), tomato (21g)



## Hot Sides

Green Beans (5g)

Carrots (10g)

Corn (20g)

Broccoli (5g)

Mashed Potatoes (15g) with gravy (5g)

Mashed Sweet Potatoes (25g)

White Rice (30g)

Couscous (25g)

## Taco Bar

Soft Taco Shell (15g)

Fillings: seasoned beef (5g), shredded chicken (5g), vegetarian refried beans (20g)

Toppings: shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream, salsa (3g), taco sauce, guacamole (4g)

Sides: vegetarian refried beans (20g), white rice (30g), black bean salsa (15g)

## Cold Sides

Garden Salad – with your choice of dressing.

Fresh Fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced Fruit (15g) – peaches, pears

Baby Carrots (10g) & Celery Sticks

Cottage Cheese (5g)

Regular Yogurt – vanilla (25g), blueberry (27g), strawberry (30g), peach (28g)

Light Yogurt – vanilla (14g), blueberry (14g), strawberry (14g), peach (14g)

Greek Yogurt – vanilla (19g), blueberry (20g), strawberry (19g), black cherry (21g)

## From the Grill

Chicken Tenders (20g), Hamburger (25g)

Grilled Cheese Sandwich (30g)

Grilled Chicken Sandwich (25g)

*Condiments: ketchup (2g), mustard, mayonnaise, BBQ sauce (5g), honey mustard (11g), ranch dressing (3g)*

## Grill Sides

French Fries (30g), Potato Chips – regular (23g), baked (26g), Pretzels (47g)

## Desserts

Chocolate Fudge Brownie (30g)

Cookies – chocolate chip (25g), oatmeal raisin (25g), vanilla wafers (15g), animal crackers (21g)

Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)

Gelatin – regular (15g), sugar-free

Ice Cream – regular (15g), fat-free (20g)

Sherbet – orange (30g), raspberry (25g)

Popsicles – regular (14g), sugar-free (4g)

Magic Cup (40g) – chocolate, vanilla, orange, berry

Frozen Yogurt Shake – chocolate (55g), vanilla (30g)

Fruit Smoothie (45g)

