

Elements

Healthy & Low Sodium Spirals



H = Healthy Spiral, S = Low Sodium Spiral

Bagels

H S



- Bacon, Egg, & Cheese on Plain Bagel 5 12
- Bacon, Egg, & Cheese on Blueberry Bagel 5 10
- Bacon, Egg, & Cheese on Wheat Bagel 5 10
- Cream Cheese- 2 oz. 2 2

Bagels

H S



- Ham, Egg, & Cheese on Plain Bagel 5 12
- Ham, Egg, & Cheese on Blueberry Bagel 5 10
- Ham, Egg, & Cheese on Wheat Bagel 5 10

Fresh Fruit

H S

- Apple, large, Red Delicious 1 0
- Banana, Chiquita 1 0
- Orange, large, California Navel 1 0

Muffins

H S



- Blueberry Muffin- 1 each 5 4
- Chocolate Chip Muffin- 1 each 5 4

Soups

H S

- Chicken with Mini Noodles 2 10
- Classic Tomato 2 8
- Creamy Chicken 2 8

Lunch Salads

H S



- Selenium 2 8

Lunch Salads

H S



- Thallium 2 6

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Lunch Sandwiches

H S



Einsteinium on Ciabatta Loaf
Einsteinium on Multi Grain Bread

7 2
5 4

Lunch Sandwiches

H S



Lawrencium on Ciabatta Loaf
Lawrencium on Multi Grain Bread
Lawrencium Whole Wheat Wrap

5 12
3 8
3 10



Europium on Ciabatta Loaf
Europium on Multi Grain Bread
Europium Whole Wheat Wrap

5 14
3 10
3 12



Mendelvium on Ciabatta Loaf
Mendelvium on Multi Grain Bread
Mendelvium Whole Wheat Wrap

7 14
3 10
3 12



Erbium on Ciabatta Loaf
Erbium on Multi Grain Bread
Erbium Whole Wheat Wrap

5 14
3 10
3 8



Niobium on Multi Grain Bread

5 10

Dairy

H S

- 2% Milk
- Chocolate Milk
- Dannon Vanilla
- Whole Milk
- Blueberry Yogurt (Fat Free Light)
- Yogurt- Original Strawberry
- Yogurt- Peach Light
- Yogurt- Strawberry Light

2 2
2 2
1 2
2 2
2 2
2 0
2 2
2 2

Beverage- Fountain- 24 oz.

H S

- Cherry Coke
- Coke
- Diet Coke
- Sprite

2 0
2 0
0 0
2 2

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Coffee		H	S	Cappucino		H	S
16 oz. Vanilla		7	0	10 oz. Cinnamon Vanilla Nut		1	0
16 oz. Hazelnut		7	0	16 oz. Cinnamon Vanilla Nut		1	0
16 oz. Caramel		7	0	10 oz. French Vanilla		1	0
16 oz. Mocha		7	0	16 oz. French Vanilla		1	0
				10 oz. Hot Chocolate		1	2
				16 oz. Hot Chocolate		2	2
Bottled Drinks- 20 oz.		H	S	Bottled Drinks-.		H	S
Dasani Water		0	0	32 oz. Powerade Fruit Punch		3	2
Smartwater		0	0	32 oz. Powerade Mountain Berry		3	2
Vitamin Water XXX		0	0	32 oz. Powerade Lem-Lime		3	2
Vitamin Water Revive		1	0	32 oz. Powerade Strawberry Lemon		3	2
Vitamin Water Power C		1	0	32 oz. Powerade Sour Melon		3	2
Vitamin Water Essential		1	0	32 oz. Powerade Grape		3	2
Vitamin Water Sync		1	0	16 oz. Full Throttle Original		2	2
Vitamin Water Energy		0	0	16 oz. Full Throttle Blue Demon		3	2
Vitamin Water Focus		1	0	16 oz. Full Throttle Fury		3	2
Vitamin Water Multivitamin		1	0	16 oz. Nos Original		2	2
Vitamin Water Low Carb Mega C		0	0	16 oz. Nos Grape		2	2
Vitamin Water Low Cal Go Go		0	0	16 oz. Nos Fruit Punch		2	2
Vitamin Water Lo Cal Essential		0	0	16 oz. Monster Original		2	2
Sprite		2	2	16 oz. Monster Lo Carb		0	2
Zero Sprite		0	0	16 oz. Monster Assault		2	2
Vault Citrus		3	2	16 oz. Monster Khaos		1	0
Vault Red Blitz		3	2	16 oz. Monster M-80			
Vault Zero		0	0	16 oz. Monster Super Dry		2	4
Mellow Yellow		2	0	16 oz. Monster Anti Gravity		2	4
Minute Maid Orangeade		3	2	16 oz. Java Monster Lo Ball		1	2
Minute Maid Fruit Punch		3	2	16 oz. Java Monster Original		2	4
Minute Maid Lemonade		3	2	16 oz. Java Monster Moca		2	4
Fanta Orange		2	2	6.75 oz. Monster Hammer Espresso		2	4
Fanta Grape		2	0	15.2 oz. Minute Maid Orange Juice		2	0
Coke		0	2	15.2 oz. Minute Maid Apple Juice		2	0
Coke Zero		0	0	15.2 oz. Minute Maid CranApple		2	0
Diet Coke		0	0	Raspberry			
Cherry Coke		2	0	15.2 oz. Minute Maid Cran Grape		2	0
Pibb Xtra		0	2	Nestle Red Pomegranate Passion Fruit		1	0
Cherry Coke Zero		0	0	Nestle Lemon Black Tea		1	2
Schweppes Ginger Ale		2	0	Nestle Citrus Green Tea		2	2
				Fuze- Banana Colada		2	0
				Fuze- Black Green Tea		1	0
				Fuze- Green Tea		1	0

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Chips		H	S
2 1/8 oz. Doritos Nacho Cheese		3	4
2 1/8 oz. Doritos Cool Ranch		3	4
2 1/8 oz. Doritos Spicy Sweet Chili		3	6
3 3/8 oz. Frito Chili Cheese		5	8
1 5/8 oz. Funyuns Original		3	4
1 5/8 oz. Funyuns Flamin Hot		3	4
1 1/2 oz. Smartfood Popcorn *White Cheddar)		3	4
1 5/8 oz. Munchos		3	4
2 5/8 oz. Rold Gold Thin Pretzels		2	4
2 3/4 oz. Chester's Flamin Hot Cheetos		3	6

Chips		H	S
1 1/8 oz. Lay's Barbeque		3	4
1 1/8 oz. Lay's Original		3	4
1 1/8 oz. Lay's Hot and Spicy Barbeque		3	4
1 1/8 oz. Lay's Honey BBQ		3	4
2 oz. Sunchips French Onion		2	2
2 oz. Sunchips Harvest Cheddar		2	2
2 7/8 oz. Cracker jack Original		2	2
1 5/8 oz. Chester Cheese Puffs		5	8
1 1/8 oz. Lay's Salt and Vinegar		3	8
1 1/8 oz. Lay's Cheddar and Sour Cream		5	6
1 1/8 oz. Lay's Baked Original		2	2

Cookies



Cookies		H	S
Grandma's Homestyle Oatmeal Raisin		3	4
Grandma's Homestyle Peanut Butter		3	2

Brewed Coffee

Brewed Coffee		H	S
16 oz. Buffalo Springs Marseilles French Roast		0	0
16 oz. Buffalo Springs Hazelnut Crème		0	0
16 oz. Buffalo Springs Columbian SWP Decaf		0	0
16 oz. Buffalo Springs Guatemalan Huehuetenango		0	0
10 oz. Maxwell House Regular		0	0
16 oz. Maxwell House Regular		0	0
10 oz. Maxwell House Decaf		0	0
16 oz. Maxwell House Decaf		0	0