

# CUSTOM WRAPS & GRILLED CHEESE

*all sandwiches come with a bag of chips OR a piece of fruit*

## BREAD

WHITE *235 cal*  
WHEAT *246 cal*

## WRAPS

WHEAT *291 cal*  
FLOUR *301 cal*  
SPINACH *299 cal*  
TOMATO *298 cal*

## TOPPINGS

LETTUCE *17 cal*  
TOMATO *18 cal*

## PROTEIN

BLACK BEANS *37 cal*  
HAM *107 cal*  
ROAST BEEF *121 cal*  
TURKEY *89 cal*  
BACON *80 cal*  
GRILLED CHICKEN *139 cal*  
CHICKEN TENDERS *300 cal*  
POPCORN SHRIMP *205 cal*

ONIONS *40 cal*  
PICKLES *0 cal*

## CHEESE

AMERICAN *50 cal*  
SWISS *106 cal*  
PEPPER JACK *100 cal*  
CHEDDAR *110 cal*  
PROVOLONE *100 cal*  
SHREDDED CHEDDAR *20 cal*

JALAPEÑOS *21 cal*

## SAUCE

RANCH *146 cal*  
BBQ *58 cal*  
BUFFALO *100 cal*  
HONEY MUSTARD *139 cal*  
MAYO *188 cal*  
SRIRACHA *36 cal*  
MUSTARD *21 cal*

# PERSONAL PIZZAS

*all pizzas come with a dessert OR a piece of fruit*

**CHEESE** *238 cal*

**PEPPERONI** *244 cal*

**SAUSAGE** *250 cal*

**GLUTEN FREE OPTION**

