

SECTION ONE : PLATED MEALS
ITEMS SUBJECT TO CHANGE BASED ON AVAILABILITY

| Item # | BREAKFAST MEALS | CAL | CARB | SOD | FAT |
|---------------|--|------------|-------------|------------|------------|
| 71 | Cheese Omelet and Salsa with Broccoli and Hash Browns | 285 | 21 | 659 | 16 |
| 93 | Breakfast Scramble with Asparagus and Hash Browns | 259 | 18 | 472 | 13 |
| 6018 | Waffle with Turkey Sausage and Sliced Apples | 300 | 39 | 330 | 13 |
| 6021 | Western Scrambled Eggs with Potatoes and Cinnamon Apples | 355 | 34 | 409 | 16 |
| 6024 | Cheddar Cheese Omelet with Potatoes and Apples | 278 | 30 | 177 | 12 |

| Item # | BEEF MEALS | CAL | CARB | SOD | FAT |
|---------------|--|------------|-------------|------------|------------|
| 16 | Pizzaiola Meatballs over Egg Noodles with Green Beans and Carrots | 282 | 21 | 588 | 14 |
| 21 | Spinach Lasagna and Meat Sauce with Corn with Peppers and Spinach | 368 | 47 | 631 | 13 |
| 23 | Homestyle Meatloaf with Potatoes and Winter Vegetable | 281 | 27 | 472 | 13 |
| 32 | Creamy Country Fried Steak with Potatoes and Mixed Vegetables | 405 | 55 | 488 | 14 |
| 38 | Beef Strips and Gravy with Spinach and Four Seasons Vegetables | 244 | 18 | 481 | 9 |
| 42 | Pepper and Beef Patty in Gravy with Spinach and Sweet Potatoes | 314 | 26 | 522 | 14 |
| 46 | Florentine Stuffed Shells & Meat Sauce with Beans and Spring Vegetables | 378 | 49 | 613 | 11 |
| 47 | Salisbury Steak with Potatoes and Mixed Vegetables | 289 | 28 | 492 | 13 |
| 55 | Meatballs & Shells Alfredo with Corn & Peppers and Green Beans | 329 | 30 | 344 | 13 |
| 65 | Spaghetti and Meatballs with Broccoli and Whole Kernel Corn | 377 | 42 | 347 | 13 |
| 82 | Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli | 352 | 44 | 449 | 14 |
| 88 | Beef Patty and Onion Gravy with Potatoes and Broccoli | 259 | 24 | 492 | 9 |
| 5044 | Salisbury Steak & Mushroom Gravy with Potatoes, Peas, and Carrots | 401 | 38 | 271 | 23 |
| 5049 | Charbroiled Beef Patty with Mashed Potatoes, Peas, Carrots, and Bean Blend | 392 | 40 | 298 | 13 |
| 5062 | Swedish Meatballs with Broccoli and Black Bean Blend | 459 | 47 | 363 | 11 |

| Item # | PORK MEALS | CAL | CARB | SOD | FAT |
|---------------|---|------------|-------------|------------|------------|
| 13 | BBQ Pork Patty with Potatoes and Whole Kernel Corn | 322 | 39 | 354 | 12 |
| 15 | Pizzaiola Pork with Asparagus and Carrots | 305 | 13 | 610 | 16 |
| 20 | Red Beans and Rice with Smoked Sausage with Corn & Peppers and Squash | 385 | 63 | 581 | 8 |
| 58 | Smoked Sausage & Mac and Cheese with Stewed Tomatoes and Bean Blend | 486 | 41 | 663 | 22 |
| 87 | Pork Patty and Mushroom Gravy with Sweet Potatoes and Green Beans | 341 | 25 | 559 | 16 |

SIDE ITEMS CHANGE SEASONALLY AND MAY NOT BE LISTED IN THE DESCRIPTIONS

| Item # | POULTRY MEALS | CAL | CARB | SOD | FAT |
|---------------|--|------------|-------------|------------|------------|
| 17 | Honey Mustard Chicken Tenders with Spinach and Carrots | 297 | 39 | 589 | 12 |
| 19 | Chicken & Mushroom Swiss Rice with Peas, Carrots, and Stewed Tomatoes | 289 | 31 | 541 | 5 |
| 29 | Chicken and Tomato Basil Penne Pasta with Corn and Peppers and Green Beans | 303 | 33 | 526 | 6 |
| 36 | Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts | 281 | 33 | 444 | 5 |
| 43 | New Orleans Chicken and Rice with Sweet Potatoes & Four Seasons Veggies | 334 | 47 | 792 | 4 |
| 50 | Breaded Chicken Patty with Whole Kernel Corn and Spring Vegetables | 338 | 32 | 347 | 18 |
| 52 | Chicken & Teriyaki Rice with Sweet Potatoes and Brussels Sprouts | 363 | 49 | 498 | 5 |
| 54 | Chicken & Dumplings with Lima Beans and Winter Vegetables | 374 | 40 | 602 | 6 |
| 69 | Chicken and Red Bean Burrito with Spinach and Corn with Peppers | 410 | 59 | 836 | 10 |
| 72 | Chicken & Dressing with Spring Vegetables and Three Season Blend | 385 | 41 | 716 | 11 |
| 77 | Parmesan Chicken with Potatoes and Mixed Vegetables | 378 | 37 | 491 | 18 |
| 79 | Chicken Florentine with Asparagus and Carrots | 302 | 27 | 464 | 6 |
| 83 | Basil Pesto Chicken with Lima Beans and Three Season Blend | 348 | 38 | 436 | 8 |
| 86 | Creamy Breaded Chicken with Lima Beans and Mixed Vegetables | 431 | 47 | 518 | 18 |
| 89 | Southwest Chicken Tenders with Broccoli and Sweet Potatoes | 391 | 47 | 628 | 5 |
| 94 | Chicken & Penne Alfredo with Carrots and Butternut Squash | 266 | 28 | 462 | 5 |
| 5040 | Chicken with Gravy with Cubed Potatoes and Peas and Carrots | 315 | 36 | 291 | 10 |
| 5046 | Herb Chicken with Mashed Potatoes and Gravy, Green Beans, and Carrots | 251 | 28 | 283 | 6 |
| 5053 | Turkey and Dressing with Gravy, Green Beans and Corn | 304 | 43 | 768 | 4 |
| 5054 | Chicken Teriyaki Over Rice with Yellow Squash and Snap Peas | 262 | 32 | 250 | 6 |
| 5084 | Ginger Chicken over Rice and Veggies with Snap Peas and Cauliflower | 398 | 41 | 11 | 15 |
| 5093 | Santa Fe Chicken and Penne Pasta with Lima Beans and Carrots | 421 | 61 | 414 | 7 |
| Item # | SEAFOOD MEALS | CAL | CARB | SOD | FAT |
| 44 | Breaded Pollock with Green Pea Blend and Carrots | 265 | 29 | 352 | 9 |
| 70 | Pollock Fish Nuggets with Broccoli and Beans | 331 | 40 | 358 | 10 |
| 85 | Breaded Fish Wedge with Butternut Squash and Autumn Blend Vegetables | 325 | 40 | 384 | 10 |
| 91 | Breaded Fish & Alfredo Spinach Sauce with Sweet Potatoes and Cauliflower | 338 | 39 | 502 | 13 |

SIDE ITEMS CHANGE SEASONALLY AND MAY NOT BE LISTED IN THE MENU ITEM DESCRIPTIONS

| Item # | MEATLESS MEALS | CAL | CARB | SOD | FAT |
|---------------|---|------------|-------------|------------|------------|
| 24 | Cheese Pizza with Bean Blend and Mixed Vegetables | 460 | 58 | 450 | 14 |
| 45 | Cheese Manicotti & Alfredo with Butternut Squash and Autumn Blend | 321 | 46 | 463 | 10 |
| 75 | Macaroni and Cheese with Stewed Tomatoes and Bean Blend | 336 | 47 | 488 | 9 |
| 5052 | Macaroni and Cheese with Broccoli and Black Bean Blend | 303 | 51 | 98 | 2 |
| 5065 | Fettuccine Alfredo with Brussels Sprouts and Vegetable Blend | 196 | 38 | 318 | 2 |
| 5078 | Cheese Tortellini Pomodoro with Brussels Sprouts and Carrots | 330 | 42 | 373 | 11 |
| 5079 | Cheese Ravioli and Tomato Cream Sauce with Cauliflower and Broccoli | 331 | 39 | 408 | 12 |

**SIDE ITEMS CHANGE SEASONALLY AND MAY NOT
BE LISTED IN THE MENU ITEM DESCRIPTIONS**

SECTION TWO: SANDWICHES & CEREALS

| Item # | BURRITOS | CAL | CARB | SOD | FAT |
|---------------|---|------------|-------------|------------|------------|
| BB-1 | Burrito—Egg, Sausage, Cheese and Potato | 280 | 31 | 630 | 13 |

| | | | | | |
|------|--|-----|----|-----|----|
| BB-2 | Burrito—Meat Lovers Egg, Sausage, Bacon and Cheese | 270 | 31 | 510 | 11 |
|------|--|-----|----|-----|----|

| Item # | BREAKFAST SANDWICHES | CAL | CARB | SOD | FAT |
|---------------|---|------------|-------------|------------|------------|
| BS-1 | Biscuit Sandwich with Egg, Sausage and Cheese | 410 | 26 | 830 | 29 |

| | | | | | |
|------|---|-----|----|-----|----|
| BS-2 | Croissant Sandwich with Egg, Sausage and Cheese | 410 | 28 | 590 | 27 |
|------|---|-----|----|-----|----|

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|------|--|-----|----|------|----|
| BS-3 | Mini Twin Sausage, Egg and Cheese Sandwich | 470 | 38 | 1080 | 27 |
|------|--|-----|----|------|----|

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|------|--|-----|----|-----|----|
| BS-5 | Mini Twin Bacon, Egg and Cheese Sandwich | 390 | 41 | 740 | 19 |
|------|--|-----|----|-----|----|

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|------|--|-----|----|-----|---|
| BS-6 | Whole Grain Muffin with Turkey Sausage, Egg White and Cheese | 260 | 32 | 730 | 8 |
|------|--|-----|----|-----|---|

| Item # | COLD SANDWICHES | CAL | CARB | SOD | FAT |
|---------------|---|------------|-------------|------------|------------|
| CS-3 | Ham and Swiss Cheese on Rolled Oat Bread (Thaw & Serve) | 520 | 27 | 650 | 8 |

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|----|---|-----|----|-----|----|
| PB | Peanut Butter Jamwich with Grape Jelly (Ready-to-eat, Thaw & Serve) | 310 | 33 | 280 | 16 |
|----|---|-----|----|-----|----|

| Item # | HOT SANDWICHES | CAL | CARB | SOD | FAT |
|---------------|------------------------|------------|-------------|------------|------------|
| HS-1 | Mini Twin Cheeseburger | 400 | 37 | 670 | 22 |

| | | | | | |
|-------|----------------------------|-----|----|-----|----|
| HS-10 | Flame-Broiled Cheeseburger | 420 | 41 | 680 | 21 |
|-------|----------------------------|-----|----|-----|----|

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|------|---------------------------------------|-----|----|-----|----|
| HS-3 | Jumbo Southern Fried Chicken Sandwich | 550 | 54 | 890 | 26 |
|------|---------------------------------------|-----|----|-----|----|

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|------|--------------------------------|-----|----|------|----|
| HS-5 | Meatloaf Sandwich with Ketchup | 550 | 54 | 1200 | 22 |
|------|--------------------------------|-----|----|------|----|

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|------|--|-----|----|------|----|
| HS-6 | Classic Grilled Cheese Sandwich with American and Swiss Cheese | 380 | 39 | 1080 | 18 |
|------|--|-----|----|------|----|

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|------|---------------------------|-----|----|------|----|
| HS-7 | Monterey Chicken Sandwich | 580 | 60 | 1240 | 24 |
|------|---------------------------|-----|----|------|----|

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|------|-----------------------|-----|----|-----|----|
| HS-9 | 8" Philly Cheesesteak | 450 | 45 | 640 | 22 |
|------|-----------------------|-----|----|-----|----|

| Item # | HOT SANDWICHES | CAL | CARB | SOD | FAT |
|--|---|------------|-------------|------------|------------|
| PZ | 8" Pepperoni French Bread Pizza | 350 | 44 | 730 | 13 |
| RIB | Boneless Pork Riblets with BBQ Sauce | 470 | 20 | 1030 | 35 |
| Item # | COLD BREAKFAST CEREALS | CAL | CARB | SOD | FAT |
| BCC-1 | Cheerios, General Mills | 70 | 14 | 95 | 1 |
| BCC-10 | Rice Krispies, Kelloggs | 70 | 16 | 90 | 0 |
| BCC-11 | Frosted Mini Wheats, Kelloggs | 100 | 24 | 0 | 0.5 |
| BCC-12 | Honey Nut Cheerios, General Mills | 80 | 20 | 160 | 0.5 |
| BCC-4 | Frosted Flakes, Kelloggs | 100 | 25 | 140 | 0 |
| BCC-5 | Apple Jacks, Kelloggs | 70 | 16 | 95 | 0.5 |
| BCC-6 | Cinnamon Toast Crunch, General Mills | 110 | 22 | 160 | 3 |
| Item # | COLD BREAKFAST CEREALS | CAL | CARB | SOD | FAT |
| BCC-7 | Corn Pops, Kellogg | 100 | 24 | 95 | 0 |
| BCC-8 | Raisin Bran, Kelloggs | 110 | 28 | 120 | 0.5 |
| BCC-9 | Fruit Loops, Kelloggs | 80 | 18 | 110 | 1 |
| Item # | HOT BREAKFAST CEREALS | CAL | CARB | SOD | FAT |
| BCH-11 | Oatmeal, Quaker Maple and Brown Sugar | 160 | 33 | 260 | 2 |
| BCH-12 | Cream of Wheat | 100 | 20 | 170 | 0 |
| BCH-13 | Quaker Grits | 100 | 22 | 310 | 0.5 |
| Item # | SHELF MEALS | CAL | CARB | SOD | FAT |
| <i>NOTE: (No Refrigeration Required) includes Applesauce, Raisins, Canned Fruit (NO SUBSTITUTIONS)</i> | | | | | |
| SM-1 | Shelf Meal, Chicken Salad, Bumble Bee Lunch Kit | 140 | 7 | 230 | 9 |
| SM-2 | Shelf Meal, Tuna Salad, Bumble Bee Lunch Kit | 220 | 7 | 200 | 19 |
| Item # | BREAD ITEMS | CAL | CARB | SOD | FAT |
| BI-0 | Koeplinger's 100% Whole Wheat | 160 | 30 | 230 | 2 |
| BI-1 | Sunbeam Giant White | 150 | 28 | 280 | 2 |
| BI-M | Margarine | 26 | 0 | 39 | 3 |

| Item # | BEVERAGE ITEMS | CAL | CARB | SOD | FAT |
|---------------|--|------------|-------------|------------|------------|
| BVG-10 | Tea (black) | 0 | 0 | 0 | 0 |
| BVG-11 | Tea (green) | 0 | 0 | 0 | 0 |
| BVG-13 | Cocoa, Swiss Miss, Milk Chocolate | 160 | 34 | 170 | 3 |
| BVG-14 | Cocoa, Swiss Miss, Milk Chocolate (NO SUGAR ADDED) | 80 | 14 | 190 | 2 |
| BVG-8 | Coffee, Taster's Choice, Instant Crystals | 0 | 0 | 0 | 0 |
| BVG-9 | Coffee (Decaf), Taster's Choice, Instant Crystals | 0 | 0 | 0 | 0 |
| BVG-17 | Juice, Fruit Punch, Ardmore Farms | 60 | 14 | 10 | 0 |
| BVG-3 | Juice, Apple, Ardmore Farms | 60 | 14 | 15 | 0 |
| BVG-4 | Juice, Orange, Ardmore Farms | 60 | 13 | 15 | 0 |
| BVG-5 | Juice, Pineapple Orange, Ardmore Farms | 60 | 14 | 5 | 0 |
| BVG-6 | Juice, Grape, Ardmore Farms | 80 | 21 | 15 | 0 |
| BVG-7 | Juice, V8—Can (2 Servings) | 60 | 13 | 920 | 0 |
| BVG-1CP | Milk, Chocolate 2% (1 Serving) | 200 | 30 | 100 | 5 |
| BVG-1P | Milk, 2% (1 Serving) | 120 | 12 | 115 | 5 |
| Item # | BEVERAGE ITEMS | CAL | CARB | SOD | FAT |
| BVG-1SP | Milk, Strawberry 2% (1 Serving) | 170 | 25 | 105 | 5 |
| BVG-15 | Milk, SKIM (4 Servings) | 90 | 13 | 130 | 5 |
| BVG-1 | Milk, 2% (4 Servings) | 130 | 12 | 130 | 0 |
| BVG-1C | Milk, Chocolate 2% (4 Servings) | 200 | 30 | 100 | 5 |
| BVG-2 | Milk, WHOLE (4 Servings) | 150 | 12 | 120 | 8 |
| Item # | MEAL SIDE ITEMS | CAL | CARB | SOD | FAT |
| MSI-11 | Fresh Fruit* Apple *NOTE: Apple should be washed prior to eating | 115 | 32 | 0 | 0 |
| MSI-12 | Fresh Fruit* Orange | 62 | 18 | 0 | 0 |
| MSI-13 | Fresh Fruit* Banana | 105 | 27 | 1 | 0 |
| MSI-1 | Applesauce | 40 | 10 | 5 | 0 |
| MSI-1C | Applesauce (Cinnamon) | 100 | 25 | 0 | 0 |
| MSI-10 | Raisins | 90 | 22 | 10 | 0 |
| MSI-2 | Mixed Fruit | 50 | 13 | 5 | 0 |
| MSI-3 | Diced Peaches | 50 | 13 | 0 | 0 |

| Item # | MEAL SIDE ITEMS | CAL | CARB | SOD | FAT |
|---------------|--|------------|-------------|------------|------------|
| MSI-47 | Mandarin Oranges | 70 | 17 | 0 | 0 |
| MSI-48 | Pineapple Tidbits | 70 | 18 | 10 | 0 |
| MSI-34 | Freeze-Dried Strawberries, 100% All Natural (2 servings) | 30 | 7 | 0 | 0 |
| MSI-46 | Yogurt, Strawberry | 45 | 8 | 30 | 0.5 |
| | | | | | |
| MSI-15 | Pancake Syrup, Sugar Free, Smuckers | 10 | 4 | 75 | 0 |
| MSI-43 | Creamy Peanut Butter | 250 | 11 | 180 | 21 |
| MSI-19 | Granola Bar, Quaker Soft Chocolate Chip | 100 | 17 | 70 | 4 |
| MSI-20 | Granola Bar, Quaker Soft Peanut Butter Chocolate Chip | 100 | 17 | 95 | 3 |
| MSI-25 | Nutri Grain Bar, Kellogg's Strawberry | 130 | 25 | 140 | 4 |
| MSI-26 | Nutri Grain Bar, Kellogg's Apple Cinnamon | 130 | 25 | 125 | 4 |
| MSI-27 | Nutri Grain Bar, Kellogg's Blueberry | 130 | 25 | 125 | 4 |
| MSI-16 | Cookie, Animal Cracker, Austin | 230 | 47 | 150 | 4 |
| MSI-17 | Cookie, Lorna Doone Shortbread, Nabisco | 140 | 20 | 150 | 7 |
| MSI-24 | Cookie, Keebler Famous Amos Chocolate Chip | 280 | 38 | 210 | 13 |
| MSI-41 | Cookie, BelVita Brown Sugar Cinnamon Biscuit | 230 | 35 | 220 | 8 |
| MSI-42 | Cookie, Oreo Chocolate Sandwich Cookie | 320 | 50 | 270 | 14 |
| MSI-14 | Salty Snack, Goldfish Pepperidge Farm Cheddar Cheese | 200 | 28 | 360 | 7 |
| MSI-21 | Salty Snack, Tiny Twist Pretzels | 160 | 34 | 420 | 1 |
| MSI-23 | Salty Snack, Kar's Sweet 'n Salty Trail Mix | 270 | 27 | 120 | 17 |
| MSI-28 | Salty Snack, Cheetos Crunchy | 160 | 15 | 250 | 10 |
| MSI-37 | Salty Snack, Microwavable Popcorn ACT II Butter Lovers | 140 | 20 | 310 | 7 |
| MSI-38 | Salty Snack, Cheez-It, White Cheddar | 210 | 24 | 320 | 11 |
| MSI-4 | Jello, Orange, Snack Pack | 10 | 0 | 45 | 0 |
| MSI-5 | Jello, Strawberry, Snack Pack | 10 | 0 | 45 | 0 |
| MSI-22 | Pudding, Tapioca, Snack Pack | 110 | 19 | 115 | 3 |
| MSI-31 | Pudding, Sugar Free Vanilla, Snack Pack | 60 | 11 | 105 | 3 |
| MSI-32 | Pudding, Sugar Free Chocolate, Snack Pack | 70 | 14 | 115 | 4 |

| Item # | MEAL SIDE ITEMS | CAL | CARB | SOD | FAT |
|---------------|-----------------------------------|------------|-------------|------------|------------|
| MSI-36 | Pudding, Lemon, Snack Pack | 110 | 22 | 60 | 3 |
| MSI-6 | Pudding, Banana Cream, Snack Pack | 90 | 17 | 130 | 3 |
| MSI-7 | Pudding, Butterscotch, Snack Pack | 90 | 17 | 135 | 3 |
| MSI-8 | Pudding, Chocolate, Snack Pack | 100 | 19 | 125 | 3 |
| MSI-9 | Pudding, Vanilla, Snack Pack | 100 | 17 | 115 | 3 |

A NOTE FROM AHLERS STAFF:

As you may be aware, we are experiencing an unprecedented supply chain interruption as a result of the COVID-19 pandemic. This menu lists all of the items in production that we are able to serve at this time. We do plan on adding many familiar dishes back as soon as we can.

If you order an item that is not in stock, we will replace it with a different item that you have ordered. We do not make random substitutions. To ensure that you receive an item you prefer, it is best to order a couple different meals. Please keep this in mind when you are reviewing your order. If you still have a question, please contact the office.

Please understand that this situation is entirely out of our control. We are working hard to uphold our commitment to our clients and to continue to offer the widest variety possible. We thank you for your patience during this difficult time.