

Hot Entrees

All combo meals & Entrees come with a fruit & beverage (most with vegetable)

STMED's does not include beverage

| | | Vegetarian or Option | Allergens |
|------------------------|---|----------------------|---|
| BBQ Pork Sandwich | BBQ Pork, Bun | | Wheat |
| Beef Soft Tacos | Ground Beef, Taco Season, Cheddar Cheese, Flour Tortilla | | Wheat |
| Burrito | Mildly Spiced Beef, Beans, Cheese, Flour Tortilla | | Wheat, Soy, Milk |
| Cheese Quesadilla | Cheddar Cheese, Flour Tortilla, Salsa | Yes | Wheat |
| Cheese Tortellini | Cheese Tortellini, Bread Stick, Parmesan, Olive Oil, Garlic, Lemon Juice | Yes | |
| Chicken & Yellow Rice | Chicken, Yellow Rice, Peas | Yes | |
| Chicken Drum Sticks | Chicken Legs, Potatoes | | |
| Chicken Fajitas | Chicken Breast, Fajita Seasoning, Tortilla, Cheddar Cheese | | |
| Chicken Soft Taco | Chicken, Taco Season, Cheddar Cheese, Flour Tortilla | | Wheat |
| Chicken Tenders | Chicken Tenders | | Soy, Wheat |
| Chicken Wings | Chicken Wings, Rice | | Soy |
| Fiesta Plate | Beef Burrito, Beef Taco, Yellow Rice and Peas | | Wheat, Soy, Milk |
| French Toast | French Toast Sticks, choice of Bacon or extra French Toast Stick, Maple Syrup | Yes | Soy, Wheat, Milk |
| Hamburger/Cheeseburger | Choice of Hamburger or Cheese Burger, Cheddar Cheese, Bun | | |
| Hot Dog | Beef Hot Dog, may choose to add Beef Chili, Bun | | Wheat |
| Lasagna | Beef Lasagna, Breadstick | | Lasagna – Milk, Wheat, Egg Bread Sticks – Wheat, Soy |

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| Mac & Cheese | Mac & Cheese | Yes | Wheat, Soy, Milk |
| Meatball Sub | | | Wheat, Dairy, Egg |
| Nachos | Nacho Chips, Cheese Sauce, Seasoned Ground Beef, Black Beans, Salsa, Sour Cream | Yes | |
| Pasta & Alfredo Sauce | Pasta, Alfredo Sauce, Breadstick | Yes | Wheat, Dairy |
| Pasta & Meatballs | Pasta, Sauce, Meatballs, Breadstick Parmesan Cheese (choice of Pasta only, Pasta with Marinara or Pasta with Meatballs) | Yes | Wheat, Dairy, Egg |
| Pizza – Personal Pan | Cheese or Pepperoni | Yes | Soy, Wheat |
| Pizza – Flat Bread | Cheese or Pepperoni | Yes | Wheat |
| Pretzel & Broccoli Cheese Soup | Large Soft Pretzel, Broccoli Cheese Soup | | Pretzel - Wheat |
| Pretzel & Chicken Noodle Soup | Large Soft Pretzel, Chicken Noodle Soup | | Pretzel – Wheat Chicken Noodle – Egg, Wheat, Soy |
| Southern Chicken Sandwich | | | Wheat, Soy, Dairy |
| Teriyaki Chicken | Chicken, Teriyaki Sauce, White Rice, Peas and Veggie | | |
| Waffles | Waffles, choice of Bacon or extra Waffle, Maple Syrup | Yes | Egg, Milk, Wheat and Soy |

Salads

All combo & entrée meals come with a fruit & beverage
STMED's does not include beverage

| | | Dressing | Vegetarian or Option | Allergens |
|-------------------------------------|---|----------------------|-------------------------------|-------------------------------------|
| Asian Mandarin Chicken | Chicken Breast, Crispy Noodles, Pineapple, Mandarin Oranges, Almonds, Greens | | No Chicken | |
| Broccoli Chicken | Chicken Breast, Broccoli, Red Onion, Sunflower Seeds, Raisins, Bacon, Greens | Low Fat Mayo | | Sunflower Seeds |
| Caesar Salad (Side) | Romaine, Croutons, Parmesan | Caesar | Yes | |
| Caribbean Chicken | Chicken Breast, Black Beans, Fruit, Tomatoes, Cucumbers, Greens | Balsamic Vinaigrette | No Chicken | |
| Chicken Caesar | Chicken Breast, Romaine, Croutons, Parmesan | Caesar | No Chicken Add Tomatoes | Dairy |
| Chicken Fiesta | Chicken Breast, Corn, Black Beans, Tomato, Cucumber, Tortilla Chips, Greens | Ranch | No Chicken | |
| Cobb Salad | Chicken Breast , Eggs, Cheddar Cheese, Bacon, Tomatoes, Cucumber, Greens | Ranch | No Chicken & Bacon | Dairy |
| Garden Salad (Side) | Tomatoes, Cucumbers, Carrots, Cheddar Cheese, Greens | Ranch | Yes | |
| Garden Salad & Broccoli Cheese Soup | Tomatoes, Cucumbers, Carrots, Cheddar Cheese, Greens Broccoli Cheese Soup | Ranch | | Dairy |
| Garden Salad & Chicken Noodle Soup | Tomatoes, Cucumbers, Carrots, Cheddar Cheese, Greens Chicken Noodle Soup | Ranch | | Chicken Noodle – Egg, Wheat, Soy |
| Honey Chicken Salad | Chicken Breast, Celery, Cranberries, Pecans, Honey Low Fat Mayo Dressing, Greens | | | |
| Greek Salad | Tomatoes, Cucumber, Red Onion, Black Olives, Feta Cheese, Potato Salad, Greens | | Yes | Dairy |
| Southern Chicken | Chicken Tenders, Tomatoes, Cucumber, Egg, Bacon, Cheddar, Tortilla Strips, Greens | Honey Mustard | No Chicken | Dairy |
| Summer Turkey | Turkey Breast, Mandarin Oranges, Strawberries, Apples, Red Onions, Side of Gorgonzola Cheese | Balsamic Vinaigrette | No Turkey | Dairy |
| Taco Salad | Seasoned Ground Beef, Tomatoes, Cucumbers, Cheddar, Tortilla Chips, Greens | Salsa | | Dairy |

Deli

All combo & entrée meals come with a fruit, chips & beverage
STMED's does not include beverage

| | | | Vegetarian or Option | Allergens |
|-----------------------------|--|--|---------------------------------|-----------------------------|
| BLT Sub | Bacon, Lettuce, Tomato, Sub Roll | Choice of Chips Mustard/Mayo on side | CLT Sub | |
| Cheddar Hoagie | Cheddar, Hoagie Roll | Choice of Chips Mustard/Mayo on side | Yes | |
| Cheddar Pinwheels | Cheddar, Cream Cheese, Tortilla, | Choice of Chips | Yes | |
| Cheddar Sub | Cheddar, Sub Roll | Choice of Chips Mustard/Mayo on side | Yes | |
| Cheesy Bacon Hoagie | Cheddar, Bacon, Hoagie | Choice of Chips Mustard/Mayo on side | Cheddar Hoagie | |
| Chicken Caesar Wrap | Chicken, Greens, Parmesan, Tortilla, Caesar | Choice of Chips | | |
| Chicken Ranch Wrap | Chicken, Cheese, Greens, Ranch, Tortilla | Choice of Chips | | |
| Chicken Tender Wrap | Chicken Tender, Cheddar, Greens, Ranch, Tortilla | Choice of Chips | | Soy, Wheat Ranch - Dairy |
| CLT Sub | Cheddar, Lettuce, Tomato, Sub Roll | Choice of Chips Mustard/Mayo on side | Yes | |
| Ham & Cheese Hoagie | Ham, Cheddar, Hoagie Roll | Choice of Chips Mustard/Mayo on side | Cheddar Hoagie | |
| Italian Sub | Ham, Pepperoni, Salami, Mozzarella | Choice of Chips Italian Dressing on side | Cheddar Sub | |
| Pepperoni & Mozzarella Wrap | Pepperoni, Mozzarella, Tortilla | | | |

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| Roast Beef & Swiss | Roast Beef, Swiss, Hoagie Roll | | | |
| Salami & Swiss Hoagie | Salami, Swiss, Hoagie | Choice of Chips Mustard/Mayo on side | Swiss Slider | |
| Swiss Cuban | Swiss, Cuban Bread | Choice of Chips Mustard/Mayo on side | Yes | |
| Swiss Hoagie | Swiss Cheese, Hoagie Roll | Choice of Chips Mustard/Mayo on side | Yes | |
| Tortilla Pinwheels | Ham, Cream Cheese, Tortilla | Choice of Chips | Cheddar Pinwheel | |
| Turkey & Swiss Hoagie | Turkey, Swiss, Hoagie | Choice of Chips Mustard/Mayo on side | Swiss Hoagie | Hoagie - Wheat |
| Turkey Club | Turkey, Bacon, Cheddar | Choice of Chips Mustard/Mayo on side | Cheddar Sub | |
| Turkey Cuban | Turkey, Ham, Salami, Swiss, Pickles, Cuban Bread | Choice of Chips Mustard/Mayo on side | Swiss Cuban | Cuban Bread – Wheat, Soy |

Peanut Butter & Company

All combo & entrees meals come with a fruit, chips & beverage

STMED's does not include beverage

| | | | Vegetarian or Option | Allergens |
|-----------------------------|---|-----------------|---------------------------------|------------------|
| PB&J Checkerboard | Peanut Butter, Grape Jelly, Wheat & White Bread | Choice of Chips | Yes | |
| PB Smores Build your own | Peanut Butter, Graham Crackers, Chocolate chips, Mini Marshmallow | Choice of Chips | Yes | |
| Peanut Butter Cup | Peanut Butter, Nutella, Slider Rolls | Choice of Chips | Yes | |

Lunch Brunch

All combo & entrée meals come with a fruit, white milk & beverage
STMED's does not include beverage

| | | Vegetarian or Option | Allergens |
|--------------------------------|--|---------------------------------|------------------|
| Froot Loops Cereal and Bagel | Froot Loops Cereal, Bagel, Jelly, Cream Cheese | Yes | |
| Rice Krispies Cereal and Bagel | Rice Krispies Cereal, Bagel, Jelly, Cream Cheese | Yes | |

Yogurt, UBR Fiber Cookie and Fruit Cup

All combo & entrée meals come with a fruit and beverage
STMED's does not include beverage

| | | Vegetarian or Option | Allergens |
|------------------------|--|---------------------------------|------------------|
| Yogurt, Cookie & Fruit | | Yes | |

Veggies & Sides

| | | Allergens |
|---------------------------|--|------------------|
| Apple Sauce | | |
| Baked Apples | Apples, Sugar, Water | Wheat, Soy |
| Baked Chips | | Soy |
| Broccoli | Broccoli | |
| Caribbean Vegetable Blend | Broccoli, Carrots, Red Pepper, Green Beans | |
| Carrot Sticks | Carrots | |
| Cauliflower | Cauliflower | |
| Celery Sticks | Celery | |
| Coleslaw | | |
| Corn | Corn | |
| Edamame Shelled Soybeans | Soybeans | |
| Fresh Seasonal Fruit | | |
| Green Beans | Green Beans | |
| Green Peas | Green Peas | |
| Italian Vegetable Blend | Pasta, Carrots, Broccoli | |
| Mandarin Oranges | | |
| Mandarin Orange Salad | Mandarin Oranges, Cucumbers, Greens, Orange Vinaigrette –(orange juice, balsamic vinegar, sugar, salt, pepper, canola oil) | |
| Mash Potatoes | | |

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| Plantains | | |
| Potato Tots | | |
| Vegetable Blend | Green beans, Wax Beans and Carrots | |
| Stir Fry Vegetables | Broccoli, Sugar Snap Peas, Bean Sprouts, Water Chestnuts, Red Pepper | |
| Sugar Snap Peas | | |
| Sun Chip | | Wheat |
| Sweet Potato Fries | | |