



**We are constantly updating our Lunch Ingredients and Allergens.
Please check back or contact us for any questions or concerns.**

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 Chicken Sliders	Chicken, BBQ Sauce served on our mini buns		
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	
Cheesy Baked Penne			
Chicken & Yellow Rice	Chicken, Yellow Rice, Peas	Yes	
Chicken Drum Sticks	Chicken Legs, Potatoes		
Chicken Fajitas	Chicken Breast, Fajita Seasoning, Tortilla, Cheddar Cheese		
Chicken Parmesan	Chicken Tenders, Mozzarella, Spaghetti Sauce, Parmesan		
Chicken & Biscuit			
Chicken Tenders	Chicken Tenders		
Chicken Wings	Chicken Wings		Soy
French Toast	French Toast Sticks, choice of Bacon or extra French Toast Stick, Maple Syrup	Yes	Soy, Wheat, Milk
Frito Chili	Beef Chili, Corn Chips, Cheddar Cheese		
Hamburger/Cheeseburger	Choice of Hamburger or Cheese Burger, Cheddar Cheese, Bun		
Honey Grill Chicken	Chicken, Honey, Butter, Mustard, Curry Powder, White Rice, Peas		
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
Mac & Cheese	Mac & Cheese	Yes	
Meatball Sub			
Nachos	Nacho Chips, Cheese Sauce, may choose to add Beef Chili	Yes	
Pasta & Meatballs	Pasta, Sauce, Meatballs, Breadstick Parmesan Cheese (choice of Pasta only, Pasta with Marinara or Pasta with Meatballs)	Yes	
Penne and Peas	Penne Pasta, Green Peas, Parmesan Cheese, Olive Oil, Salt & Pepper	Yes	
Pierogies	Pierogies, Olive Oil, Butter, Salt, Pepper	Yes	
Pizza	Cheese Pizza, Pepperonis	Yes	Soy, 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
Sloppy Joes			
Teriyaki Chicken	Chicken, Teriyaki Sauce, White Rice, Peas		
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
Apple Chicken Almond Crunch	Chicken, Apple, Red Onions, Almonds, Raisins, Side of Feta Cheese, Greens	Balsamic Vinaigrette	No Chicken	Dairy, Nuts
Asian Mandarin Chicken	Chicken, Crispy Noodles, Pineapple, Mandarin Oranges, Almonds, Greens		No Chicken	
Broccoli Chicken	Chicken, Broccoli, Red Onion, Sunflower Seeds, Raisins, Bacon, Greens	Low Fat Mayo		Sunflower Seeds
Caribbean Chicken	Chicken, Black Beans, Fruit, Tomatoes, Cucumbers, Greens	Balsamic Vinaigrette	No Chicken	
Chicken Caesar	Chicken, Romaine, Croutons, Parmesan	Caesar	No Chicken Add Tomatoes	Dairy
Chicken Fajita	Chicken, Fajita Seasoning, Green Peppers, Onions, Cheese, Greens, Tortilla	Ranch	No Chicken	Dairy
Chicken Fiesta	Chicken, Corn, Black Beans, Tomato, Cucumber, Tortilla Chips, Greens	Ranch	No Chicken	
Cobb Salad	Chicken, Eggs, Cheddar Cheese, Bacon, Tomatoes, Cucumber, Greens	Ranch	No Chicken & Bacon	Dairy
Crunchy BBQ Chicken	Chicken, BBQ, Black Beans, Corn, Cheese, Tortilla Strips, Greens	Ranch	No Chicken	Dairy
Chicken, Fruit & Feta	Chicken, Spinach & Greens, Red Onion, Mandarins, Dried Cranberries, Almonds, Feta	Ranch	No Chicken	Dairy, Nuts
Garden Salad & Broccoli Cheese Soup	Tomatoes, Cucumbers, Carrots, Broccoli Cheese Soup	Ranch		Dairy
Garden Salad & Chicken Noodle Soup	Tomatoes, Cucumbers, Carrots, Chicken Noodle Soup	Ranch		Chicken Noodle – Egg, Wheat, Soy
Honey Chicken Salad	Chicken, Celery, Cranberries, Pecans,	Honey Low Fat Mayo Dressing		
Hummus Greek	Tomatoes, Cucumber, Green Peppers, Onion, Olives, Artichoke Hearts, Feta Cheese, Greens	Hummus Flour Tortilla Chips	Yes	Dairy
Juicy Fruit Salad	Seasonal Fruit, Lime Juice, Pineapple Juice, Ginger,	Vanilla Yogurt	Yes	
Mediterranean	Hummus, Fresh Vegetables, Tortilla Chips	Italian	Yes	
Pizza Salad	Mozzarella, Pepperoni, Olives, Onion, Green Pepper, Croutons,	Italian	No Pepperoni	
Queensland Salad	Chicken Salad, Cheddar, Bacon, Eggs, Tomatoes, Almonds, Croutons Greens	Low Fat Mayo		Dairy, Nuts

Southern Chicken	Chicken Tenders, Tomatoes, Cucumber, Egg, Bacon, Cheddar, Tortilla Strips, Greens	Honey Mustard	No Chicken	Dairy
Summer Turkey	Turkey, Mandarin Oranges, Strawberries, Apples, Red Onions, Side of Gorgonzola Cheese	Balsamic Vinaigrette	No Turkey	Dairy
Taco Salad	Meat Chili, Tomatoes, Cucumbers, Cheddar, Corn Chips, Greens	Salsa		Dairy
Turkey & Pear	Turkey, Spinach & Greens, Pear, Red Onion, Walnuts	Sweet Vinaigrette	No Turkey	
Teriyaki Chicken	Teriyaki Chicken, Greens, Cucumbers, Carrots, Peppers, Tomatoes	Sesame Seed Dressing		

Deli

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

			Vegetarian or Option	Allergens
ABC Bagelwich	Apple, Bacon, Cheddar, Bagel	Choice of Chips, Mayo	Apple Cheddar Bagelwich	
Apple Cheddar Bagelwich	Apple, Cheddar, Bagel	Choice of Chips, Mayo		
BLT Sub	Bacon, Lettuce, Tomato, Sub Roll	Choice of Chips Mustard/Mayo on side	CLT Sub	
Cheddar Bagelwich	Cheddar, Bagel	Choice of Chips Mustard/Mayo on side	Yes	
Cheddar Hoagie	Cheddar, Hoagie Roll	Choice of Chips Mustard/Mayo on side	Yes	
Cheddar Pinwheels	Cheddar, Cream Cheese, Tortilla,	Choice of Chips Side of Salsa	Yes	
Cheddar Pretzelwich	Cheddar, Soft Pretzel	Choice of Chips Mustard/Mayo on side	Yes	
Cheddar Slider	Cheddar, Slider Rolls	Choice of Chips Mustard/Mayo on side	Yes	
Cheddar Sub	Cheddar, Sub Roll	Choice of Chips Mustard/Mayo on side	Yes	
Cheesy Bacon Bagelwich	Cheddar, Bacon, Bagel	Choice of Chips Mustard/Mayo on side	Cheddar Bagelwich	
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		
CLT Sub	Cheddar, Lettuce, Tomato, Sub Roll	Choice of Chips Mustard/Mayo on side	Yes	
Egg Salad Slider	Egg, Lite Mayo, Finely Chopped Celery and Onions, Mustard	Choice of Chips	Yes (egg)	

Ham & Cheese Hoagie	Ham, Cheddar, Hoagie Roll	Choice of Chips Mustard/Mayo on side	Cheddar Hoagie	
Ham & Cheddar Slider	Ham, Cheddar Slider Roll	Choice of Chips Mustard/Mayo on side	Cheddar Slider	
Italian Sub	Ham, Pepperoni, Salami, Mozzarella	Choice of Chips Italian Dressing on side	Cheddar Sub	
L.O.V.E Wrap	Lettuce, Onion, Vegetable (celery), Egg, Lite Mayo, Tortilla	Choice of Chips	Yes (egg)	
Pizza Bagelwich	Mozzarella , Pepperoni, Bagel,	Choice of Chips, Pizza Sauce on Side	Pizza Vegetarian Bagelwich	
Pizza Vegetarian Bagelwich	Mozzarella, Bagel,		Yes	
Pretzelwich	Ham, Cheddar, Soft Pretzel	Choice of Chips Mustard/Mayo on side	Cheddar Pretzelwich	
Salami & Swiss Slider	Salami, Swiss, Slider Rolls	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	
Swiss Slider	Swiss Cheese, Slider Rolls	Choice of Chips Mustard/Mayo on side	Yes	
Taco Cheddar Wrap	Cheddar, Greens, Tortilla, Ranch	Choice of Chips	Yes	
Taco Chicken Wrap	Taco Seasoned Chicken, Cheddar, Greens, Tortilla, Ranch	Choice of Chips	Taco Cheddar Wrap	
Tortilla Pinwheels	Ham, Cream Cheese, Tortilla	Choice of Chips Side of Salsa	Cheddar Pinwheel	
Turkey & Swiss Hoagie	Turkey, Swiss, Hoagie	Choice of Chips Mustard/Mayo on side	Swiss Hoagie	

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	
Turkey Slider	Turkey, Cheddar, Slider Roll	Choice of Chips Mustard/Mayo on side	Cheddar Slider	
Turkey Swiss Wrap	Turkey, Swiss, Tortilla	Choice of Chips Mustard/Mayo on side	Swiss Wrap	

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&J Nachos Build your own	Peanut Butter, Grape Jelly, Chopped Fruit, Graham Crackers	Choice of Chips	Yes	
PB&J Quesadillas	Peanut Butter, Strawberry Jelly, Banana, Cinnamon, Tortilla	Choice of Chips	Yes	
PB&J Rollup	Peanut Butter, Strawberry Jelly, Cream Cheese, Tortilla	Choice of Chips	Yes	
PB&J Sushi	Peanut Butter, Grape Jelly, Wheat & White Bread	Choice of Chips	Yes	
PB Chinese Fortune Cookie	Peanut Butter, Grape Jelly, Apples, Celery(finely chopped), Wheat & White Bread	Choice of Chips	Yes	
PB Extreme	Peanut Butter, Bacon, Banana, Honey, Bagel	Choice of Chips		
PB Fluffernutter	Peanut Butter, Marshmallow Cream, Slider Rolls	Choice of Chips	Yes	
PB & Honey Bagelwich	Peanut Butter, Banana, Honey, Bagel	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	
Strawberry & Cream Cheese Bagelwich	Strawberries, Cream Cheese, Bagel	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
Cereal (Froot Loops, Frosted Flakes and Rice Krispies) and Bagel	Cereal, Bagel, Jelly, Cream Cheese		
Cereal (Rice Krispies and Froot Loops) and Muffin	Cereal and Blueberry Muffin (or muffins if minis)		

Veggies & Sides

		Allergens
Apple Sauce		
Baked Apples		
Baked Chips		Soy
Broccoli	Broccoli	
Caribbean Vegetable Blend	Broccoli, Carrots, Red Pepper, Green Beans	
Carrot Sticks	Carrots	
Cauliflower	Cauliflower	
Celery Sticks	Celery	
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		
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		