

Harvest San Luis K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast Entrée • Chilaquiles • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Cocoa Puffs Cereal w/ Graham Crackers • Lucky Charms Cereal w/ Graham Crackers Fruit • Fresh Apple • INACTIVE 100% Orange-Pineapple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Chicken Nuggets w/Roll • Hot Dog (Pork-Free) • Deli Stacker Sub Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks • Seasoned Curly Fries Fruit • Sweet Diced Peaches • Fresh Apple Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mustard Dispenser • Mayo Dispenser • Ranch Dispenser	Breakfast Entrée • Pineapple Parfait w/ Graham Crackers • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Cocoa Puffs Cereal w/ Graham Crackers • Lucky Charms Cereal w/ Graham Crackers Fruit • 100% Fruit Punch Juice • Fresh Banana Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Beefy Macaroni Marinara w/ Roll • Juicy Hamburger • Crispy Popcorn Chicken Salad w/Croutons Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks • Parmesan & Garlic Tater Tots Fruit • Fresh Orange • Unsweetened Applesauce Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Ketchup Dispenser • Mayo Dispenser • Mustard Dispenser • Ranch Dispenser	Breakfast Entrée • Spicy Scrambled Egg Chorizo w/ Tortilla • Cinnamon Toast Crunch Cereal w/ Graham Crackers • Cocoa Puffs Cereal w/ Graham Crackers • Lucky Charms Cereal w/ Graham Crackers Fruit • Fresh Orange • 100% Apple Juice Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Lunch Entrée • Mini Chicken Corndogs • Classic Pepperoni Pizza • Turkey Sausage Crumble Pizza • Turkey Ham & Cheese Wrap Vegetables • Fresh Lettuce & Spinach Mix • Fresh Baby Carrots • Fresh-Cut Cucumber Slices • Fresh Celery Sticks • Steamed Broccoli Fruit • Fresh Apple • Diced Pears Milk • 1% Low Fat White Milk Local • Fat Free Chocolate Milk Local Misc • Mustard Dispenser • Mayo Dispenser • Ranch Dispenser • Ketchup Dispenser

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Breakfast Entrée

- Fluffy Jumbo Waffles w/ Turkey Bacon
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- INACTIVE 100% Orange-Pineapple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Orange Chicken w/ Brown Rice
- Two Cheese Grilled Cheese Sandwich
- Chef Salad w/Crackers

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Steamed Broccoli

Fruit

- Juicy Pineapple Tidbits
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser

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Breakfast Entrée

- Colby Cheese Omelet w/ Toast
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers

Fruit

- Fresh Banana
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Ground Beef Soft Flour Tacos
- Crispy Chicken Patty Sandwich
- Fresh Turkey & Cheese Sub

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Cheesy Mexican Mix Refried Beans

Fruit

- Cinnamon Applesauce
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Strawberry Smoothie w/Graham Crackers
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- 100% Fruit Punch Juice
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Turkey Bacon Cheeseburger
- Cheesy Spaghetti Pomodoro w/ Roll
- Veggie Ranch Wrap

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Parmesan & Garlic Tater Tots

Fruit

- Diced Pears
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser

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Breakfast Entrée

- Turkey Sausage, Egg & Cheese Big Bite Sandwich
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Classic Pepperoni Pizza
- Pepperoni & Jalapeno Pizza
- Homemade Bean & Cheese Burrito
- Sunbutter & Jelly Sandwich w/ String Cheese

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh-Cut Cucumber Slices
- Fresh Baby Carrots
- Fresh Celery Sticks
- Steamed Corn

Fruit

- Cinnamon Spiced Apples
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

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Breakfast Entrée

- French Toast Sticks w/ Turkey Sausage
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Banana
- 100% Fruit Punch Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Maple Syrup Cup

Lunch Entrée

- BBQ Beef Rib Sandwich
- Golden Chicken Corn Dog
- Chicken Caesar Wrap

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Curly Fries

Fruit

- Sweet Diced Peaches
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

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Breakfast Entrée

- **Chilaquiles**
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Honey Cheerios Cereal w/ Graham Crackers

Fruit

- INACTIVE 100% Orange-Pineapple Juice
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

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Breakfast Entrée

- **Colby Cheese Omelet**
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Honey Cheerios Cereal w/ Graham Crackers

Fruit

- 100% Apple Juice
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- **Golden Chicken Corn Dog**
- **Crispy Beef Tacos w/ Spanish Rice**
- **Italian Sub**

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Classic Refried Beans

Fruit

- Unsweetened Applesauce
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- **Strawberry Smoothie w/ Graham Crackers**
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Honey Cheerios Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- **Cheesy Spaghetti Pomodoro w/ Roll**
- **Crispy Chicken Patty Sandwich**
- **Veggie Ranch Wrap**

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Peas & Carrots

Fruit

- Juicy Pineapple Tidbits
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

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Breakfast Entrée

- **French Toast Sticks w/ Turkey Sausage**
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Honey Cheerios Cereal w/ Graham Crackers

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- **Cheesy Chicken Burrito**
- **Classic Pepperoni Pizza**
- **Loaded Meat Lover's Pizza**
- **Turkey & Cheese Sandwich**

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Curly Fries

Fruit

- Cinnamon Spiced Apples
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ranch Dispenser
- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser

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Breakfast Entrée

- **Egg & Cheese Biscuit Sandwich**
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Honey Cheerios Cereal w/ Graham Crackers

Fruit

- Fresh Banana
- INACTIVE 100% Orange-Pineapple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- **Grilled Cheeseburger**
- **Chicken Nuggets w/Roll**
- **Chicken Taco Salad**

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Parmesan & Garlic Tater Tots

Fruit

- Diced Pears
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

20

Breakfast Entrée

- Savory Breakfast on a Stick
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- 100% Fruit Punch Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Maple Syrup Cup

Lunch Entrée

- Creamy Macaroni & Cheese
- Pulled Pork BBQ Sandwich
- Cobb Salad w/ Crackers

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Curly Fries

Fruit

- Fresh Apple
- Juicy Mandarin Oranges

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Peach Parfait w/ Graham Crackers
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Beef Tamales w/ Refried Beans and Spanish Rice
- Sunbutter & Jelly Sandwich w/ String Cheese

Vegetables

- Fresh Salsa
- Fresh Lettuce & Spinach Mix
- Fresh-Cut Cucumber Slices
- Fresh Baby Carrots
- Fresh Celery Sticks
- Classic Refried Beans

Fruit

- Diced Pears
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser
- Ketchup Dispenser

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Breakfast Entrée

- Homemade Apple Pancakes
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- INACTIVE 100% Orange-Pineapple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Maple Syrup Cup

Lunch Entrée

- Homemade Bean & Cheese Burrito
- Classic Pepperoni Pizza
- Bacon Ranch Pizza
- Deli Stacker Sub

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Steamed Corn

Fruit

- Sweet Diced Peaches
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

23

Breakfast Entrée

- Bacon, Egg & Cheese Breakfast Tacos
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- 100% Fruit Punch Juice
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Mini Chicken Corndogs
- Cheesy Turkey Melt
- Crispy Buffalo Chicken Wrap

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Crispy Tater Tots

Fruit

- Fresh Orange
- Unsweetened Applesauce

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

24

Breakfast Entrée

- Iced Cinnamon Roll w/ Sausage Patty
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Orange
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Spaghetti & Meatballs w/ Breadstick
- Spicy Chicken Patty Sandwich
- Southwest Chicken Salad

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Seasoned Peas & Carrots

Fruit

- Fresh Apple
- Diced Pears

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser
- Ketchup Dispenser

27

Breakfast Entrée

- Egg & Cheese Big Bite Sandwich
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- INACTIVE 100% Orange-Pineapple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Savory Chili Dog
- Beef & Broccoli w/Brown Rice
- Chef Salad w/Crackers

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Crispy Tater Tots

Fruit

- Juicy Pineapple Tidbits
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser

28

Breakfast Entrée

- Turkey Sausage Breakfast Pizza
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Trix Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers

Fruit

- Fresh Banana
- 100% Apple Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Classic Pepperoni Pizza
- Pepperoni & Jalapeno Pizza
- Seasoned Chicken Fajitas w/Flour Tortilla
- Turkey & Cheese Sandwich

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh-Cut Cucumber Slices
- Fresh Celery Sticks
- Cheesy Mexican Mix Refried Beans

Fruit

- Cinnamon Applesauce
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Cheesy Egg & Turkey Sausage Breakfast Burrito
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- 100% Fruit Punch Juice
- Fresh Orange

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Beefy Macaroni Marinara w/ Roll
- Chicken Cordon Bleu Sandwich
- Chicken Caesar Wrap

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Steamed Corn

Fruit

- Diced Pears
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mustard Dispenser
- Mayo Dispenser

30

Breakfast Entrée

- Mango Smoothie w/Graham Crackers
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Apple
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Turkey Bacon Cheeseburger
- Cheesy Broccoli Baked Potato w/ Roll
- Crispy Buffalo Chicken Salad w/Crackers

Grain

- Whole Wheat Dinner Roll

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh-Cut Cucumber Slices
- Fresh Baby Carrots
- Fresh Celery Sticks
- Steamed Broccoli

Fruit

- Cinnamon Spiced Apples
- Fresh Banana

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser

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Breakfast Entrée

- Potato, Egg & Cheese Quesadilla
- Cinnamon Toast Crunch Cereal w/ Graham Crackers
- Cocoa Puffs Cereal w/ Graham Crackers
- Lucky Charms Cereal w/ Graham Crackers

Fruit

- Fresh Banana
- 100% Fruit Punch Juice

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Lunch Entrée

- Sweet Honey BBQ Boneless Wings w/Roll
- Cheesy Meatball Sub
- Sunbutter & Jelly Sandwich w/ String Cheese

Vegetables

- Fresh Lettuce & Spinach Mix
- Fresh Baby Carrots
- Fresh Celery Sticks
- Fresh-Cut Cucumber Slices
- Seasoned Curly Fries

Fruit

- Sweet Diced Peaches
- Fresh Apple

Milk

- 1% Low Fat White Milk Local
- Fat Free Chocolate Milk Local

Misc

- Ketchup Dispenser
- Mayo Dispenser
- Mustard Dispenser
- Ranch Dispenser