SUNDAY

Menus subject to change.

ACTION

Breakfast  Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner  Stir Fry; Fajita Chicken (S), Yellow Onions, Green Peppers, Cabbage, Mushrooms, Fresh Spinach, Pineapple, Steamed brown Rice, Shredded Carrots, Sweet & Sour Sauce(S), Stir Fry Sauce(S). [Calories 5-2630]

VEGAN

Breakfast  Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

Lunch  Honey Mustard Grilled Tofu (S), Herb Roasted Potatoes, Ginger Snap Peas, Roasted Yellow Squash & Zucchini. [Calories 60-330]

Dinner  Portobello Poutine (W,S), Roasted Broccolini. [Calories 110-505]

GLUTEN

Breakfast  Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]

Lunch  Ginger Ground Pork (S), Steamed Brown Rice, Roasted Broccoli Florets, Roasted Cauliflower. [Calories 5-255]

Dinner  Roasted BBQ Chicken (S), Rosemary Garlic Red Potatoes, BBQ Baked Beans (F), Sweet Corn Succotash. [Calories 80-790]

GRILL


Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2095]

Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1505]

PIZZA

Breakfast  French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Sausage (M,W,S). [Calories 290-360]

SOUP

Lunch  Lentil, Chicken Noodle, Crackers

W – Contains Wheat  S – Contains Soy  E – Contains Eggs
M – Contains Milk  P – Contains Peanuts  T – Contains Tree Nuts
SF – Contains Shellfish  SS – Contains Sesame  F – Contains Fish

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ACTION

Breakfast  Tater Tot Bowls; Egg (E), Egg White (E), Diced Tomatoes, Diced Ham, Bacon, Cheddar Cheese (M), Onion, Peppers, Tater Tots (S), Spinach, Mushrooms, Sausage Gravy (M,W). [Calories 5-975]

Lunch/Dinner  Gourmet Burger; Brioche Bun (M,W,E), Beef Patty, Pepperjack Cheese (M), Cheddar Cheese (M), Onion, Lettuce, Tomato, Onion Jam, Bacon, Vegan Mayo, Siracha Mayo (S), Dill Pickle Spear [Calories 5-1145]

TRANSFORMATION


Lunch/Dinner  All Beef Hot Dog, Vegan Hot Dog (W), Turkey Chili, Sauerkraut, Diced Yellow Onions, Cheese Sauce (M), Hotdog Bun (W,S), Grain Mustard, Pickle Relish, Pickled Jalapeno, Diced Bacon, Sliced Scallions, Chips, Coleslaw, Potato Salad (E,S) [Calories 10-1595]

VEGAN

Breakfast  Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash [Calories 100-860]

Lunch  Lentil Falafel Bowl (SS), Fassolakia Lathera Greek Green Beans [70-460]

Dinner  Texas Mushroom Chili, Jasmine Rice, Spiced Green Beans, Butternut Squash Succotash [35-665]

GLUTEN

Breakfast  Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns [60-680]

Lunch  Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy [5-335]

Dinner  Taco Seasoned Ground Turkey, Mexican Rice (S), Pineapple Salsa, Mexican Street Corn (M), Lime Crema (M) [Calories 40-655]

GRILL


Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [5-2095]

Dinner  Grilled Marinated Chicken Sandwich (M,S,W), Grilled Cheese Sandwich (M,S,W), Bacon Cheese Burger (S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [Calories 5-2590]

PIZZA

Breakfast  French Toast Bar; French Toast Sticks (M,W,S,E), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), BBQ Chicken (M,W,S). [Calories 290-1240]

BOWLS

Lunch/Dinner  Sushi Rice Bowl – Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Imitation Crab Sticks (F), Sesame Seed Blend (SS), Nori Chips (S,E), Eel Sauce, Green Onions, Tofu (S), Wasabi Mayo (S). [Calories 10-1570]

SOUPS

Lunch  - Broccoli Cheese, Caribbean Jerk Chicken

Dinner  - Split pea, Turkey Chili, Crackers

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TUESDAY

Menus subject to change.

ACTION

**Breakfast**
- Egg (E), Egg Whites (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms  [Calories 5-585]

**Lunch/Dinner**
- Brioche Bun (M,W,E), Beef Patty, Pepperjack Cheese, Cheddar Cheese (M), Onion, Lettuce, Tomato, Onion Jam, Bacon Jam, Vegan Mayo, Siracha Mayo (S), Dill Pickle Speare  [Calories 5-1135]

TRANSFORMATION

**Breakfast**

**Lunch/Dinner**
- Tortilla (M), Corn Tortilla, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu, Taco Seasoned Ground Turkey, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried beans, Shredded lettuce, Shredded Cheddar(M), Cheese Sauce (M), Salsa, Sour Cream (M), Diced Tomato  [Calories 5-1725]

VEGAN

**Breakfast**
- Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scramble Pepper & Onion  [Calories 100-670]

**Lunch/Dinner**
- Mushroom Street Tacos (S,T), Corn Tortilla, Diced Tomato, Steamed Coconut Rice (T), Black Beans, Vegan Mozzarella Cheese  [Calories 80-615]

**Dinner**
- Lentil Sloppy Joe’s (W), French Fries (S), Corn  [Calories 70-492]

GLUTEN

**Breakfast**
- Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O’Brien  [Calories 60-760]

**Lunch/Dinner**
- Pot Roast, Blanched Green Beans, Roasted Potatoes with Lemon Vinaigrette, Peas & Carrots  [Calories 41-460]

**Dinner**
- Sweet and Sour Pork (S), Brown Rice Vegetable, Broccoli Garlic Stir Fry  [Calories 140-910]

GRILL

**Breakfast**

**Lunch**
- Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), House Made Chips, Lettuce, Tomato, Onion, Pickle.  [Calories 5-2320]

**Dinner**
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Pastrami with Swiss (M,W,S,SS), House Made Cheese Chips, Lettuce, Tomato, Onion, Pickle.  [Calories 5-1085]

PIZZA

**Breakfast**
- French Toast Bar;   French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream.  [Calories 25-440]

**Lunch/Dinner**
- Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S).  [Calories 290-1250]

**BOWLS**

**Lunch/Dinner**
- Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Imitation Crab Sticks (F), Sesame Seed Blend (SS), Nori Chips (S,E), Eel Sauce, Green Onions, Tofu (S), Wasabi Mayo (S)  [Calories 10-1570]

**SOUPS**

**Lunch**
- Sweet Potato Chipotle, Clam Chowder

**Dinner**
- Garden Vegetable, Chicken Tortilla, Crackers

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WEDNESDAY ACTION

**Breakfast**
Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

**Lunch/Dinner**
Philly Cheesesteak; Beef Philly Meat, Chicken Philly Meat, Hoagie Roll (W,S), Peppers & Onions, Cheese Sauce (M), Sliced Mushrooms, Banana Peppers, Tomato Sauce, Black Olives. [Calories 5-2630]

**TRANSFORMATION**

**Breakfast**

**Lunch/Dinner**
Asian Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (SS,S), Spiced Beef (SS), Brown Rice, Lo Mein Noodles, Sweet & Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (SS,S), Stir Fry Sauce (S), Stir Fry Vegetables (S), Sesame Seed Blend (SS), Soy Sauce (S), Fortune Cookie (E,W,S). [Calories 130-2,590]

**VEGAN**

**Breakfast**
Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

**Lunch**
Bibimbap Bowl (W,S,SS). [Calories 1,035]

**Dinner**
Penne Pasta (W), Marinara, Mediterranean Roasted Vegetables, Vegan Chicken. [Calories 120-460]

**GLUTEN**

**Breakfast**
Scrambled Eggs (E), Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 60-475]

**Lunch**
Blackened Cod (F), Spinach & Mushrooms (S), Roasted Yellow Squash & Zucchini, Potato Salad (E). [Calories 80-780]

**Dinner**
Roasted Orange Balsamic Chicken (S), Classic Green Bean Casserole (M), Buttermilk Mashed Yukon Potatoes (M), Ginger Snap Pea. [Calories 80-950]

**GRILL**

**Breakfast**
Biscuit (M,S,W,E), Sausage Gravy (M,W), Chicken Parmesan Sandwich (M,W,S), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1130]

**Lunch/Dinner**
Philly Cheesesteak; Beef Philly Meat, Chicken Philly Meat, Hoagie Roll (W,S), Peppers & Onions, Cheese Sauce (M), Sliced Mushrooms, Banana Peppers, Tomato Sauce, Black Olives. [Calories 5-2630]

**Breakfast**
Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

**Lunch**
Bibimbap Bowl (W,S,SS). [Calories 1,035]

**Dinner**
Penne Pasta (W), Marinara, Mediterranean Roasted Vegetables, Vegan Chicken. [Calories 120-460]

**PIZZA**

**Breakfast**
Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

**Lunch/Dinner**
Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese (M,W,S). [Calories 290-1,310]

**BOWLS**

**Lunch/Dinner**
Sushi Rice Bowl – Buffalo Chicken Bowl; Sushi Rice with Quinoa, Avocado Slices, Tofu (S), Cucumber Slices, Carrot Slices, Chicken, Sesame Seed Blend (SS), Buffalo Sauce, Celery Slices, Green Onions, Ranch Dressing, Nori Chips (S,E). [Calories 10-1,070]

**SOUPS**

**Lunch**
Vegetarian Chili, Italian Wedding

**Dinner**
Jerk Chicken, Carrot Ginger, Crackers

W – Contains Wheat
M – Contains Milk
SF – Contains Shellfish
S – Contains Soy
E – Contains Eggs
F – Contains Peanuts
SS – Contains Sesame
T – Contains Tree Nuts
F – Contains Fish

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Menus subject to change.
THURSDAY

**ACTION**

**Breakfast**
- Tater Tot Bowls: Egg (E), Egg White (E), Diced Tomatoes, Diced Ham, Bacon, Cheddar Cheese (M), Onion, Peppers, Tater Tots (S), Spinach, Mushrooms, Sausage Gravy (M,W). [Calories 5-975]

**Lunch/Dinner**
- Tandoori: Tandoori Chicken (M, S), Tandoori Tofu (M, S), Jasmine Rice, Naan Bread (W, E, M), Tzatziki (M), Diced Cucumber, Diced Red Onion, Red Pepper, Green Pepper, Small Vegetable Samosa (W), Vegetable Tikkis (VG). [Calories 30-870]

**TRANSFORMATION**

**Breakfast**
- Scrambled Eggs (E,V,GF), Turkey Bacon, Turkey Sausage Patty, Triangle Hash Browns, Sausage Gravy (M, W), Biscuits (E, W, S, M), French Toast (E, W, S, M, V), Plain Pancake (E, W, S, M, V), Blueberry Pancake (E, W, S, M, V), Chocolate Chip Pancake (E, W, S, M, V). [Calories 60-1,580]

**Lunch/Dinner**
- Tandoori; Tandoori Chicken (M, S), Tandoori Tofu (M, S), Jasmine Rice, Naan Bread (W, E, M), Tzatziki (M), Diced Cucumber, Diced Red Onion, Red Pepper, Green Pepper, Small Vegetable Samosa (W), Vegetable Tikkis (VG). [Calories 30-870]

**VEGAN**

**Breakfast**
- Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]

**Lunch**
- Vegetable Yakisoba (W, S), Vegan Teriyaki Chicken (S), Ginger Bok

**Dinner**
- Huli Huli Tofu (S), Fried rice (S), Seasoned Vegetables Stir Fry (S),

**GLUTEN**

**Breakfast**

**Lunch**
- Grilled Marinated Chicken Sandwich (M, S, W), Hamburger, Grilled Cheese Sandwich (M, W, S), Nacho Cheese Grilled Cheese (W, S, M), Curly Fries (W, S), Lettuce, Tomato, Onion, Pickle. [Calories 10-2,720]

**Dinner**
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (S, W, M), Curly Fries (W, S), Lettuce, Tomato, Onion, Pickle. [Calories 10-1,615]

**PIZZA**

**Breakfast**
- French Toast Bar; French Toast Sticks (M,W,E), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

**Lunch/Dinner**
- Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Margarita Pizza (M, W). [Calories 220-1,120]

**BOWLS**

**Lunch/Dinner**
- Sushi Rice Bowl; Sushi Rice with Quinoa, Avocado Slices, Celery Slices, Cucumber Slices, Carrot Slices, Pickled Asian Vegetables, Sesame Seed Blend (SS), Nori Chips (S, E), Green Onions, Spicy Mayo (S), Wasabi Mayo (S). [Calories 20-1,105]

**SOUPS**

**Lunch**
- Garden Veggie, Loaded Potato

**Dinner**
- Clam Chowder, Carrot Ginger, Crackers

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**W – Contains Wheat**

**M – Contains Milk**

**SF – Contains Shells**

**S – Contains Soy**

**P – Contains Peanuts**

**SS – Contains Sesame**

**E – Contains Eggs**

**T – Contains Tree Nuts**

**F – Contains Fish**

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FRIDAY

Menus subject to change.

ACTION

Breakfast Egg(E), Egg Whites(E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese(M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms [Calories 5-585]

Lunch/Dinner Pierogies (W,E,M,S), Onions, Sour Cream (M), Diced Bacon, Diced Ham, Green Onions, Roasted Broccoli, Shredded Cheddar Cheese (M), Cherry Tomatoes [Calories 5-555]

TRANSFORMATION

Breakfast Scrambled Eggs (E,V,GF), Bacon, Turkey Sausage Link, Shredded Hash Browns, Sausage Gravy (M,W), Biscuits (E,W,S,M), French Toast (E,W,S,M,V), Plain Pancake (E,W,S,M,V), Blueberry Pancake (E,W,S,M,V), Chocolate Chip Pancake (E,W,S,M,V) [Calories 100-1870]

Lunch/Dinner Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,VG), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue cheese (M), Breadcrumbs (M,W,V), Broccoli (V), Cauliflower, Peppers & Onions, Tomatoes (V,GF), BBQ Sauce, Hot Sauce, Ranch Dressing, Shredded Cheese (M). [Calories 5-1900]

VEGAN

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

Lunch Stuffed Mushroom (T), Mashed Sweet Potatoes (T), Cauliflower Roasted

GLUTEN


Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Nuggets (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle [Calories 1715]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger, Grilled Cheese Sandwich (M,W,S), Tater Tots, Lettuce, Tomato, Onion, Pickle [5-2910]

PIZZA

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,W,S), [Calories 290-1120]

BOWLS

Lunch/Dinner Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Imitation Crab Sticks (T), Sesame Seed Blend (SS), Nori Chips (S,E), Eel Sauce, Green Onions, Tofu (S), Wasabi Mayo (S) [Calories 10-1570]

SOUPS

Lunch Tomato Feta, Coconut Curry Chicken

Dinner Chicken Tortilla, Veggie Chili, Crackers

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SATURDAY

ACTION

**Breakfast**  Made To Order Omelets;  Egg (E), Egg White (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-585]

**Lunch/Dinner**  Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M) [ Calories 5-1945]

**VEGAN**

**Breakfast**  Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 100-500]

**Lunch**  Chickpea Gumbo, Vegetable Dirty Rice, Roasted Cauliflower, Spiced Green Beans. [Calories 35-540]

**Dinner**  White Bean Cassoulet with Biscuits (W,S), Baked Sweet Potato, Brown Rice with Tomato, Onion, & Basil, Steamed Broccoli Florets [ Calories 40-690]

**GLUTEN**

**Breakfast**  Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien [Calories 60-760]

**Lunch**  Kalua Pork, Braised Red Cabbage, Roasted Cauliflower, Potato Salad [ Calories 100-700]

**Dinner**  Beef Steak Flank Grilled Marinated Herb, Honey Glazed Carrots, Sauteed Zucchini & Tomatoes, Spanish Style Roasted Potatoes  [ Calories 60-590]

**GRILL**


**Lunch**  Closed

**Dinner**  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), All Beef Hot Dog, Steak Fries (S), Lettuce, Tomato, Onion, Pickle [ Calories 5-1655]

**PIZZA**

**Breakfast**  French Toast Bar;  French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

**Lunch/Dinner**  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic Pizza (M,W,S). [Calories 290-1250]

**SOUPS**

Lunch  Butternut Squash & Apple, Steak Chili & Beans, Crackers

W – Contains Wheat  S – Contains Soy  E – Contains Eggs
M – Contains Milk  P – Contains Peanuts  T – Contains Tree Nuts
SF – Contains Shellfish  SS – Contains Sesame  F – Contains Fish

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