SUNDAY

FLASH’S PICK

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  Pasta Bar- 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]

TWIST AND SPROUT

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

Lunch  Tofu Sweet Mustard (S), Herb Roasted Potatoes, Ginger Snap Peas, Roasted Yellow Squash & Zucchini [Calories 60-390]

Dinner  Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

WHEATLESS WAYS

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

Lunch  Pork al Pastor, Pineapple Salsa, Steamed Spiced Green Beans, Mexican Street Corn (M) [Calories 50-585]

Dinner  Bratwurst Braised with Sauerkrat, Mashed Potatoes (M), Gluten Free Gravy, Sweet Corn Succotash [Calories 5-1015]

FLASH’S GRILL


Lunch/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]

PIECE OF THE PIE

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,E). [Calories 290-360]

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request.

Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.
MONDAY

FLASH’S PICK

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  Pasta Bar- 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]

TWIST AND SPROUT

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

Lunch  Vegan Buffalo Chicken Mac & Cheese, Roasted Broccoli, Roasted Asparagus, Roasted Cauliflower [Calories 60-640]

Dinner  Lentil Falafel Bowl (S,S), Fasolakia Lathera Greek Green Beans [Calories 70-460]

WHEATLESS WAYS

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

Lunch  Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Mashed Potatoes (S), Corn, Gluten Free Gravy. [Calories 5-435]

Dinner  Herb Roasted Pork Loin, Mashed Sweet Potatoes (T), Roasted Cauliflower with Pecans (T), Roasted Cherry Tomatoes (S) [Calories 50-1170]

FLASH’S 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]

PIECE OF THE PIE

Breakfast  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), BBQ Chicken (M,W,S). [Calories 290-340]

CULINARY CREATIONS

Lunch/Dinner  Carnitas Rice Bowl – BBQ Pulled Pork, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice Pepper & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1175]

CHOOLAH

Lunch  White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Veggie Croquettes (W) [Calories 116-734]

Dinner  White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Paneer Cheese (M) [Calories 124-919]
TUESDAY

Menus subject to change.

FLASH’S PICK

**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**  Pasta Bar- 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]

TWIST AND SPROUT

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

**Lunch**  Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

**Dinner**  Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

WHEATLESS WAYS

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

**Lunch**  Grilled Teriyaki Salmon (S,F), Roasted Cauliflower with Pecan (T), Ginger & Garlic Broccoli, Lemon Herb Rice [ Calories 100-610]

**Dinner**  Blackened Chicken, Potatoes Red Rosemary Garlic, Honey Glazed Carrots, Roasted Garlic Parmesan Brussels Sprouts (M,S,S) [Calories 100-830]

FLASH’S GRILL


**Lunch**  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]

**Dinner**  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Crispy Buffalo Chicken Sandwich (W,S,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1795]

PIECE OF THE PIE

**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 (M,W,S). [Calories 290-350]

CULINARY CREATIONS

**Lunch/Dinner**  Beef Barbacoa Rice Bowl – Beef Barbacoa, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Taco Seasoned Tofu (S). [Calories 5-1,405]

CHOOALAH

**Lunch**  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Samosas (W) [Calories 94-669]

**Dinner**  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W) [Calories 94-712]
WEDNESDAY

FLASH’S PICK

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  Pasta Bar: 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]

TWIST AND SPROUT

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

Lunch  Penne Pasta (W), Marinara, Ratatouille, Mediterranean Roasted Vegetable, Vegan Chicken (S). [Calories 30-460]

Dinner  Bibimbap Bowl (W,S,SS) [Calories 1035]

WHEATLESS WAYS

Breakfast  Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 80-610]

Lunch  Herb Marinated Grilled Flank Steak, Spanish Style Roasted Potatoes, Sauteed Zucchini & Tomatoes, Honey Glazed Carrots (M) [Calories 60-590]

Dinner  Grilled BBQ Pork Chop (S,E), Spiced Black Beans, Salsa Mango Floribean, Black Eyed Beans, Roasted Sweet Potato [Calories 70-1100]

FLASH’S GRILL


Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chicken Parmesan Sandwich (S,M,W), Waffle Fries, Tomato, Onion, Pickle [S-2125]

Dinner  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Grilled Cheese (S,M,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

PIECE OF THE PIE

Breakfast  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 290-410]

CULINARY CREATIONS

Lunch/Dinner  Taco Rice Bowl – Ground Taco Turkey, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Lettuce, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1,115]

CHOODAAH

Lunch  White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M) [Calories 116-892]

Dinner  White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Samosas (W) [Calories 107-691]

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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THURSDAY

Menu subject to change.

FLASH’S PICK

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 Pasta Bar- Whole Wheat Penne (W), Marinara, Alfreeds 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]

TWIST AND SPROUT

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

Lunch Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Mexican Rice (S),Calabacitas, Corn Tortilla, Diced Tomato, Diced Onion, Shredded Lettuce. [Calories 5-680]

Dinner Vegetable Yakisoba (W,S), Vegan Teriyaki Chicken (S), Ginger Bok Choy (S,SS), Roasted Mushrooms [Calories 50-770]

WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 50-680]

Lunch Pork Carnitas, Steamed Coconut Rice (T), Zucchini Roasted Cotija, [Calories 80-500]

Dinner Hulli Hulli Chicken (S), Roasted Sweet Potato, Steamed Basmati Rice, Roasted Cauliflower [Calories 160-980]

FLASH’S GRILL


Lunch Grilled Marinated Chicken Sandwich (S,W,S), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Bacon Grilled Cheese (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Turkey Burger with Pepper Jack (S,W,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1745]

PIECE OF THE PIE

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,E). [Calories 50-360]

CULINARY CREATIONS

Lunch/Dinner Chicken Tinga Rice Bowl; Chicken Tinga, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Brown Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olive, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Guacamole. [Calories 5-1410]

CHOOalah

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Veggie Croquettes (W) [Calories 124-761]

Dinner White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Paneer Cheese (M) [Calories 94-870]
FRIDAY

Menus subject to change.

FLASH'S PICK

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

TWIST AND SPROUT

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

**Lunch**  Huli Huli Tofu (S), Fried rice (S), Seasoned Vegetables Stir Fry (S), Roasted Broccoli. [Calories 110-560]

**Dinner**  Vegan Baked Potato Bar; Vegan Mozzarella Cheese, Steamed Broccoli Florets, Roasted Mushrooms, Roasted Cauliflower, Vegetarian Chili, Potatoes Baked Whole [Calories 40-720]

WHEATLESS WAYS

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

**Lunch**  Seared Salmon with Citrus Sauce (F), Rice Pilaf, Roasted Asparagus, Honey Glazed Carrots (M) [Calories 100-660]

**Dinner**  Fish Tacos (F,M) White Cilantro Lime Rice, Black Beans, Pineapple Salsa, Lime Crema, Shredded Cheddar (M) [Calories 20-665]

FLASH'S GRILL


**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 5-1715]

**Dinner**  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), Mushroom Swiss Burger (S,W,M,F), Tater Tots, Lettuce, Tomato, Onion, Pickle [Calories 28-2860]

PIECE OF THE PIE

**Breakfast**  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), Buffalo Chicken (M,W,S). [Calories 290-310]

CULINARY CREATIONS

**Lunch/Dinner**  Beef Fajita Rice Bowl: Beef Fajita, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers & Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa [Calories 5-1,170]

CHOOLOAH

**Lunch**  White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W) [Calories 94-712]

**Dinner**  White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M) [Calories 116-892]
**SATURDAY**

*Menus subject to change.*

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**FLASH’S PICK**

**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**  
Pasta Bar: 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]

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**TWIST AND SPROUT**

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

**Lunch**  
Vegan Chicken Souvlaki (S), Pita bread (W), Vegan Mayo, Rice Steamed Basmati [Calories 90-770]

**Dinner**  
Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

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**WHEATLESS WAYS**

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

**Lunch**  
Butter Chicken (M), Jasmine Rice, Cauliflower Raisins Turmeric, Garlic Blistered Green Beans [Calories 60-540]

**Dinner**  
Majo Pork, Spiced Black Beans, Brown Spanish Rice, Roasted Peppers & Green Beans [Calories 90-845]

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**FLASH’S GRILL**

**Breakfast**  

**Lunch/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]

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**PIECE OF THE PIE**

**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 (M,W,S). [Calories 290-350]

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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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