SUNDAY

Menus subject to change.

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  Pasta; Whole Wheat Penne (W), Bowtie Pasta (W), Marinara, Alfredo Sauce (M,W,S), Pesto (M), Chicken, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Breadsticks (W,S). [Calories 5-1,945]

VEGAN

Breakfast  Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]
Lunch  Tofu & Potato Goulash (S), Brown Rice, Braised Red Cabbage, Blanched Carrots. [Calories 40-570]
Dinner  Thai Coconut Curry; Thai Coconut Curry (S,T), Jasmine Rice, Steamed Spiced Snap Peas, Stir Fry Bok Choy (S). [Calories 40-385]

GLUTEN

Breakfast  Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]
Lunch  Moroccan Spiced Chicken, Jasmine Rice, Fried Plantains, Garlic Parmesan Roasted Cauliflower (M). [Calories 90-1,120]
Dinner  Cider Brined Turkey Breast, Garlic Blistered Green Beans, Mashed Sweet Potatoes (T), Fire Roasted Peppers & Sweet Corn. [Calories 80-930]

GRILL

Dinner  Grilled Marinated Chicken Sandwich (S,W,M), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Pork Sandwich (W,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,770]

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), Garlic Pizza (M,W,S). [Calories 290-410]

Lunch  Chicken Noodle, Vegetarian Chili, Crackers

W – Contains Wheat  S – Contains Soy  E – Contains Eggs  M – Contains Milk  SF – Contains ShellFish  SS – Contains Sesame  F – Contains Fish

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MONDAY

ACTION

Breakfast  Egg Scramble; 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  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 5-1,280]

TRANSFORMATION

Breakfast  Scrambled Eggs (E), Turkey Sausage Links, Shredded Hash Browns, Bacon, Blueberry Pancake (E,W,S,M), Sausage Gravy (W,M), Biscuits (E,W,S,M), Plain Pancake (E,W,S,M), French Toast (E,W,S,M), Chocolate Chip Pancake (E,W,S,M). [Calories 80-1870]

Lunch/Dinner  Baked Potato Bar; Baked Potato, Baked Sweet Potato, BBQ Pork, Green Onions, Chili (S), Sour Cream (M), Cheddar Cheese (M), Cheese Sauce (M), Roasted broccoli, Roasted Cauliflower, Mini Mushrooms, Turkey Chili, Mediterranean Roasted Vegetable, Cinnamon Sugar, Caramel Sauce. [Calories 5-1990]

VEGAN

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

Lunch  Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Rice Mexican (S), Calabacitas. [Calories 80-545]

Dinner  Vegan Shepards Pie, Roasted Brussel Sprouts, Sugar Snap Peas & Baby Carrots, Peas Spicy (S). [Calories 60-495]

GLUTEN SOLUTION

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

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

Dinner  Pork al Pastor, Steamed Beans Green Spiced, Pineapple Salsa, Mexican Street Corn (M), Jasmine Rice. [Calories 50-765]

GRILL


Lunch  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), BBQ Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2300]

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

PIZZA

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


BOWLS

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

SOUPS

Lunch  - Broccoli Cheese, Caribbean Jerk Chicken

Dinner  - Split Pea, Turkey Chili, Crackers

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

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TUESDAY

ACTION

Breakfast Made to Order Omelet; Egg (E), Egg Whites (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-530]

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 Tikis (VG). [Calories 5-870]

TRANSFORMATION


Lunch/Dinner Nacho Bar; Tortilla Chips, Cilantro Lime Rice, Mexican Rice (S), Taco Seasoned Tofu (S), Turkey Taco Meat, Beef Barbacoa (W), Fajita Chicken, Black Beans, Refried Beans, Shredded Lettuce, Shredded Cheese (M), Nacho Cheese (M), Salsa, Sour Crem (M), Guacamole. [Calories 5-1,765]

VEGAN

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

Lunch Black Bean Bowl (S) [Calories 1,690]

Dinner Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes, Steamed Broccoli Florets, Swiss Chard w/ Pine Nuts & Golden Raisins (S). [Calories 40-550]

GLUTEN SOLUTION

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

Lunch Fried Teriyaki Salmon (S,F), Roasted Cauliflower with Pecans (T), Broccoli Ginger & Garlic, Lemon Herb Rice. [Calories 90-470]

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

GRILL


Lunch Fried Chicken Sandwich (S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Philly Cheesesteak Sandwich (W,M,S), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,325]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Nuggets (S,W), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2,180]

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), Margarita Pizza (M,W,S). [Calories 290-1,120]

BOWLS

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, Sour Cream (M), Chipotle Ranch, Salsa, Taco Seasoned Tofu (S). [Calories 5-1,405]

SOUPS

Lunch Sweet Potato Chipotle, Clam Chowder

Dinner Garden Vegetable, Chicken Tortilla, Crackers

W – Contains Wheat
M – Contains MRL
E – Contains Eggs
F – Contains Peanuts
S – Contains Soy
SF – Contains Shellfish
SS – Contains Sesame
FS – Contains Fish
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**WEDNESDAY**

**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**  
Pierogi; Pierogies (W,E,M,S), Onions, Sour Cream (M), Diced Bacon, Diced Ham, Green Onions, Roasted Broccoli, Shredded Cheddar Cheese (M), Cherry Tomatoes. [Calories 5-550]

**TRANSFORMATION**

**Breakfast**  

**Lunch/Dinner**  
Chili Bar; Turkey Chili, Three Bean Chili, Shredded Cheese (M), Red Onion, Sliced Scallions, Jalapenos, Sour Cream (M), Fire Roasted Peppers & Corn, Diced Avocado, Lime Wedges, Beef Chili. [Calories 5-1200]

**VEGAN**

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

**Lunch/Dinner**  
Roasted Vegetable Chili Rellenos (W), Mexican Rice (S), Calabacitas, Sweet Corn Succotash. [Calories 80-475]

**GLUTEN SOLUTION**

**Breakfast**  
Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]

**Lunch**  
Citrus Bourbon Flank Steak, Potatoes Red Roasted Lemon Parsley, Peppers & Green Beans Roasted, Baked Bourbon Lentils (S,F). [90-1,820]

**Dinner**  
Fried Chicken Sandwich (S,W), Turkey burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Housemade Chips , Lettuce, Tomato, Onion, Pickle. [Calories 5-1,565]

**PIZZA**

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

**Lunch/Dinner**  
Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken Pizza (M,S,W). [Calories 290-1,120]

**BOWLS**

**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]

**SOUPS**

**Lunch**  
Vegetarian Chili, Italian Wedding

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

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

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*Menus subject to change.*
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**THURSDAY ACTION**

**Breakfast** 
Egg Scramble; 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** 
Gourmet Burger; Brioche Bun (M,W,E), Beef Patty, Pepper Jack Cheese (M), Cheddar Cheese (M), Onion, Lettuce, Tomato, Onion Jam, Bacon Jam, Vegan Mayo, Sriracha Mayo (S), Dill Pickle Spear. [Calories 5-1,135]

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**TRANSFORMATION**

**Breakfast** 

**Lunch/Dinner** 
Gyro Bar; Chicken Souvlaki Grilled, Beef Gyro Slices (W,S), Pita Bread (W), Tzatziki Sauce (M), Hummus, Shredded Lettuce, Diced Red Onion, Kalamata Olives, Diced Cucumber, Feta Cheese (M), Banana Peppers, Mediterranean Roasted Vegetables, Basmati Rice, Vegan Chicken Souvlaki [Calories 5-1,680]

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**VEGAN**

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

**Lunch** 
Vegan Buffalo Chicken Mac and Cheese (W,S), Roasted Broccoli, Asparagus Roasted, Cauliflower roasted. [Calories 60-640]

**Dinner** 
Vegan Chicken Souvlaki (S), Mediterranean Roasted Vegetables, Vegan Mayo, Steamed Basmati Rice. [Calories 90-720]

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**GLUTEN**

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

**Lunch** 
Noodle Pad Thai Chicken (E,S), Steamed Spiced Broccoli, Roasted Cauliflower [Calories 40-520]

**Dinner** 
Grilled BBQ Pork Chop (S,E), Spiced Black Beans, Salsa Mango Floribean, Black Eyed Peas [Calories 70-700]

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**GRILL**

**Breakfast** 

**Lunch** 
Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Cuban Sandwich (W,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1,605]

**Dinner** 
Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Chicken Burger Buffalo Sandwich (M,S,W), Sweet Potatoes Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,650]

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**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), Garlic Pizza (M,W,S). [Calories 290-1,250]

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**BOWLS**

**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 Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Guacamole [Calories 5-1,410]

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**SOUPS**

**Lunch** 
Clam Chowder, Carrot Ginger, Crackers

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

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Menus subject to change.

FRIDAY

**ACTION**

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

**Lunch/Dinner** Pasta; 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 5-1,945]

**TRANSFORMATION**


**Lunch/Dinner** Lo Mein Bar; Lo Mein, Chicken Broth, Vegetable Broth, Grilled Chicken (S,W), Kalua Pork, Teriyaki Tofu Bites (S), Hard Boiled Eggs (E), Shredded Cabbage, Matchstick Carrots, Red Onion, Mushrooms, Scallions, Lime Wedge, Bean Sprouts. [Calories 5-1,110]

**VEGAN**

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

**Lunch** Chicken Gardein (W,S), French Fries (S), Bell Peppers & Onions Roasted, Hoagie Roll (W,S), Vegan Cheddar Cheese Slice [Calories 80-760]

**Dinner** Texas Toast (W,S), Tomato Soup (W), Tomato slice, Vegan Cheddar Slice, Steamed Broccoli Florets. [Calories 5-300]

**GLUTEN**

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

**Lunch** Turkey Honey Garlic Glazed (S), Sugar Snap Peas & Baby Carrots, Brussels Sprouts Roasted, Mashed Potatoes. [Calories 70-1040]

**Dinner** Fish Tacos (F,M), White Cilantro Lime Rice, Black Beans, Pineapple Salsa, Lime Crema, Shredded Cheddar (M). [Calories 20-655]

**GRILL**


**Lunch** Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Grilled Chicken Caesar Sandwich (E,M,S,W), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2,860]

**Dinner** Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Crispy Bacon Sandwich (M,W,S), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2035]

**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,E). [Calories 290-1,260]

**BOWLS**

**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]

**SOUPS**

**Lunch** Tomato Feta, Coconut Curry Chicken

**Dinner** Tomato Tortilla, Veggie Chili, Crackers

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M – Contains Milk  P – Contains Peanuts  T – Contains Tree Nuts
SF – Contains Shellfish  SS – Contains Sesame  F – Contains Fish
SATURDAY

**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**  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 5-712]

**VEGAN**

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

**Lunch**  Vegan Chickpea Tacos (W,S0, Brown Spanish Rice, Vegan Mozzarella Cheese, Corn Tortilla, Spicy Peas(SS). [Calories 60-875]

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

**GLUTEN**

**Breakfast**  Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 100-780]

**Lunch**  Huli Huli Chicken (S), Roasted Sweet Potato, Steamed Basmati Rice, Roasted Cauliflower. [Calories 160-880]

**Dinner**  Pork Carnitas, Coconut Steamed Rice (T(Coconut)), Zucchini Roasted Cotija (M), Fire Roasted Peppers & Sweet Corn (S). [Calories 80-500]

**GRILL**


**Dinner**  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Chicken Nuggets (M,S,W), Curly Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2280]

**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), BBQ Chicken (M,W,S). [Calories 290-1240]

**SOUPS**

**Lunch**  Broccoli Cheese, Caribbean Jerk Chicken, 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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