Menus subject to change.

**SUNDAY 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,

**VEGAN**

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

**Lunch**  Portobello Poutine (W,S), Roasted Broccoli. [Calories 110-505]

**Dinner**  Thai Coconut Curry (S,T), Jasmine Rice, Steamed Spiced Pea Snap, Stir Fry Bok Choy (SS). [Calories 40-385]

**GLUTEN**

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

**Lunch**  Chicken Marinated Thai (F), Rice Coconut Steamed (T), Broccoli Garlic Stir Fry, Green Bean Blistered with Garlic. [Calories 60-1310]

**Dinner**  Fish Tacos (M,F), Herb Lentil Pasta, Roasted Asparagus, Cauliflower Roasted Garlic Parmesan (M). [Calories 90-1360]

**GRILL**


**Dinner**  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Breaded Cauliflower Bites (S,W), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2480]

**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), Sausage (M,S,W,E). [Calories 290-1120]

**SOUPS**

**Lunch**  Lentil, Chicken Noodle, Crackers

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

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**MONDAY**

**ACTION**

**Breakfast**
- Egg scramble; Egg (E), Egg Whites (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced tomatoes, Peppers, Reed Onion, Mushrooms.  
  [Calories 5-385]

**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 (VG), Siracha Mayo (S), Dill Pickle Spear.  
  [Calories 5-1135]

**TRANSFORMATION**

**Breakfast**
  [Calories 80-1870]

**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 5-1680]

**VEGAN**

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

**Lunch/Dinner**
- Vegan Shepard's Pie, Roasted Brussel Sprouts, Sugar Snap Peas & Baby Carrots  
  [Calories 70-435]

**GLUTEN**

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

**Lunch**
- Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy.  
  [Calories 5-355]

**Dinner**
- BBQ Pork Chop (E, S), Seasoned Beans & Corn, Carrot Honey Glazed (M), House Potato Chip.  
  [Calories 100-600]

**GRILL**

**Breakfast**
  [Calories 80-975]

**Lunch/Dinner**
- Grilled Marinated Chicken Sandwich (M, W, S), Hamburger (S), Grilled Cheese Sandwich (M, W, S), Celita Chicken Sandwich (M, S, W), Shoestring Fries (W, S), Lettuce, Tomato, Onion, Pickle.  
  [Calories 5-2830]

**Dinner**
- Fried Chicken Sandwich (S, W), Turkey Burger (S), Grilled Cheese Sandwich (M, W, S), Sloppy Joe (F), Shoestring Fries (W, S), Lettuce, Tomato, Onion, Pickle.  
  [Calories 5-1405]

**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 290-340]

**BOWLS**

**Lunch/Dinner**
- Sushi Rice Bowl – California Bowl; Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Imitation Crab Sticks (F), Sesame Seed Blend (SS), Nori Chips (E, S), 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

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  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 5-1945]

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 Cream (M), Guacamole. [Calories 5-1765]

VEGAN

Breakfast  Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu  Scrambled Pepper & Onion. [Calories 100-670]
Lunch  Lentil Sloppy Joes (W,S), French Fries (S), Corn. [Calories 70-492]
Dinner  Tofu Baked Gravy Mushroom (S), Roasted Lemon Parsley Red Potatoes, Steamed Broccoli Florets, Swiss Chard w/ Pine Nuts & Golden Raisins (T). [Calories 40-550]

GLUTEN

Breakfast  Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Sliced Diced Potato. [Calories 60-475]
Lunch  Herb Roasted Turkey Breast, Sweet Potato Pumpkin Spiced, Pea Snap Ginger, Lemon Herb Rice. [Calories 80-1300]
Dinner  Butter Chicken (M), Potato Wedge Masala Flash Spiced, Cauliflower Raisins Turmeric, Green Bean Blistered with Garlic. [Calories 60-520]

GRILL

Lunch  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Fish & Chips Sandwich (M,S,W,F), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]
Dinner  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Hot Nuggets (W,S), Steak Fries (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1405]

PIZZA

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

BOWLS

Lunch/Dinner  Sushi Rice Bowl – Teriyaki Bowl; Sushi Rice with Quinoa, Avocado Slices, Teriyaki Glaze, Cucumber Slices, Carrot Slices, Chicken, Sesame Seed Blend (SS), Nori Chips (S,E), Roasted Asparagus, Green Onions, Tofu (S), Wasabi Mayo (S). [Calories 10-1345]

SOUPS

Lunch  Sweet Potato Chipotle, Clam Chowder
Dinner  Garden Vegetable, Chicken Tortilla, Crackers

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

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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  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

Lunch/Dinner  Mac & Cheese Bar; Mac & Cheese (M,S,W), Vegan Mac & Cheese (W,V,G), Chicken Nugget (W), Bacon Bits, Pulled Pork (GF), Blue Cheese (M), Breadcrumbs (M,W,V), Broccoli (VG), Cauliflower, Peppers & Onions, Tomatoes (VG,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 60-510]
Lunch  Penne Pasta (W), Marinara, Vegetable Roasted Mediterranean, Vegan Chicken (S). [Calories 30-460]
Dinner  Creole Red Beans & Rice, Blistered Green Beans w/Garlic, Maque Choux. [Calories 50-410]

GLUTEN

Breakfast  Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 60-610]
Lunch  Beef Vegetable Potato Mash Pie (F,M), Broccoli Steamed, Sweet Corn Succotash. [Calories 80-360]
Dinner  Fish Barramundi with Parsley Sauce (F,M), Roasted Yellow Squash and Zucchini, Jasmine Rice, Black Beans. [Calories 60-725]

GRILL

Lunch  Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), BBQ Wings, House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]
Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Jamaican Pork Jerk Sandwich (W,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-1605]

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), Mac & Cheese (M,W,S). [Calories 290-410]

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 10-1070]

SOUPS

Lunch  Vegetarian Chili, Italian Wedding
Dinner  Jerk Chicken, Carrot Ginger, Crackers

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THURSDAY

Menus subject to change.

ACTION

Breakfast Egg Scramble; Egg (E), Egg Whites (E), Pork Sausage, Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Reed Onion, Mushrooms. [Calories 5-845]

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 5-870]

TRANSFORMATION


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

VEGAN

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

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 5-870]

GLUTEN

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 5-680]

Lunch Roasted Djion Maple Chicken Thigh, Cranberry Brown Butter Brussels Sprouts (M), Red Potatoes with Rosemary Garlic, Rosemary Roasted Cauliflower. [Calories 130-930]

Dinner Bratwurst Braised with Sauerkrat, Mashed Potatoes (M), Gluten Free Gravy, Succotash Sweet Corn, Roasted Broccoli. [Calories 5-1075]

GRILL


Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Pizza Burger (W,S,M), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2205]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M, W,S), Taquito (M,S,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

PIZZA

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), Margarita (M,W). [Calories 290-310]

BOWLS

Lunch/Dinner Sushi Rice Bowl – Vegan Bowl; Sushi Rice with Quinoa, Avocado Slices, Cucumber Slices, Carrot Slices, Pickled Asian Vegetables, Sesame Seed Blend (SS), Spicy Mayo (S), Celery Slices, Green Onions, Wasabi Mayo(S), Nori Chips (S,E). [Calories 10-1105]

SOUPS

Lunch Clam Chowder, Carrot Ginger, Crackers

Dinner Clam Chowder, Carrot Ginger, Crackers

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

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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  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


Lunch/Dinner  Kalaus Pork, BBQ Chicken, Lime Beans, Baked beans, White Rice, Collard Greens (VG), Coleslaw (S,E), Garlic Roasted Okra (S, VG), Corn Muffin (W,M), Hot Sauce, BBQ Sauce, Honey Mustard (S,E).[Calories 25-2180]

VEGAN

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

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

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. [Calories 60-760]

Lunch  Mango Pork, Spice Black Beans, Brown Spanish Rice, Peppers & Green Beans Roasted. [Calories 90-845]

Dinner  Fish Cod Roasted Spiced (F), Potatoes Roasted Lemon Vinaigrette, Roasted Asparagus, Squash Yellow Zucchini with Onion and Feta (M). [Calories 40-610]

GRILL


Lunch/Dinner  Grilled Marinated Chicken Sandwich (M,S,W), Bunless Burger (S), Grilled Cheese Sandwich (M,W,S), Three Cheese Grilled Cheese Sandwich (S,W,M), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2700]

Dinner  Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Corn Dog (W,S,E), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-1615]

PIZZA

Breakfast  French Toast Bar; French Toast Sticks (M,W,S,E), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 24-440]

Lunch/Dinner  Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Buffalo Chicken (M,W,S). [Calories 290-310]

BOWLS

Lunch/Dinner  Sushi Rice Bowl – Blackened Bowl; Sushi Rice with Quinoa, Avocado Slices, Spicy Mayo (S), Cucumber Slices, Carrot Slices, Blackened Chicken (W,S), Sesame Seed Blend (GS), Eel Sauce, Green Onions, Blackened Tofu (S), Nori Chips (S,E), Blackened Salmon (F). [Calories 10-1240]

SOUPS

Lunch  Tomato Feta, Coconut Curry Chicken

Dinner  Chicken Tortilla, Veggie Chili, Crackers

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

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SUNDAY

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), 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  White Bean Cassoulet with Biscuits (W,S), Baked Sweet Potato, Brown Rice with Tomato, Onion, & Basil, Steamed Broccoli Florets. [Calories 40-690]
Dinner  Vegan Mozzarella Cheese, Steamed Broccoli Florets, Roasted Mushrooms, Cauliflower Roasted, Vegetarian Chili, Potatoes Baked Whole. [Calories 40-720]

GLUTEN

Breakfast  Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 60-680]
Lunch  Jamaican Jerk Pork (S), Steamed Rice Coconut (T), Pumpkin Spiced Sweet Potato, Cauliflower Raisins Turmeric. [Calories 90-650]
Dinner  Chicken Thighs Teriyaki (S), Khao Phad Fried Rice (S,F), Broccoli Garlic Stir Fry, Spicy Peas (SS). [Calories 60-650]

PIZZA

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