SUNDAY

Menus subject to change.

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]

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 30-460]
Dinner Pasta E Lentilchic (W), Zucchini Agrodolce (T), Vegetable Roasted Mediterranean, Roasted Mushrooms. [Calories 50-605]

GLUTEN
Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Tater Tots (S). [Calories 60-890]
Lunch BBQ Rubbed Grilled Chicken Thigh (GF), Red Rosemary Garlic Potatoes, Classic Green bean Casserole (V,GF, M), Corn on the Cob (M). [Calories 80-780]
Dinner Seared Salmon with Lemon Parsley (F), Vegetable Brown Rice, Sugar Snap Peas & Baby Carrots, Roasted Cauliflower with Pecans. [Calories 70-1060]

GRILL
Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Nuggets (W,S), Waffle Fries (VG), Lettuce, Tomato, Onion, Pickle. [Calories 5-2330]

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

SOUPS
Lunch Garden Vegetable, Chicken Tortilla, Crackers
MONDAY

**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 9-2630

**TRANSFORMATION**

**Breakfast**
- Calories 80-1300

**Lunch/Dinner**
- Asian Bar; Spiced Chicken (SS), Spiced Pork (SS), Spiced Tofu (SS,S), Spiced Beef (SS), Brown Rice (VG), Lo Mein Noodles, Sweet & Sour Sauce (S), Teriyaki Sauce (S), Sweet Chili Sauce (S,S), Stir Fry Sauce (S), Stir Fry Vegetables (S,V,G,F), Sesame Seed Blend (SS), Fortune Cookie (S,W,E), Soy Sauce (S).
- Calories 20-2590

**VEGAN**

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

**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 20-2590

**GLUTEN FREE**

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

**Lunch**
- Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Herb Roasted Potatoes, Corn, Gluten Free Gravy.
- Calories 5-335

**Dinner**
- Roasted Citrus Fennel Chicken Thigh, Green Beans with Lemon & Mint (S), Lemon Parsley Roasted Red Potatoes.
- Calories 60-710

**GRILL**

**Breakfast**
- Calories 80-1300

**Lunch**
- Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Greek Gyro (S,W,T), Sweet Potato Fries, Lettuce, Pickle.
- Calories 5-335

**Dinner**
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Three Cheese Grilled Cheese (M,W,S), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle.
- Calories 5-2065

**PIZZA**

**Breakfast**
- Silver Dollar Pancake (M,W,E), 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 25-420

**BOWLS**

**Breakfast**
- Carnita 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

**DINNER**
- Spilled Split Pea, Turkey Chili, Crackers

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TUESDAY  

**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 5-585]

**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**

**Breakfast**  

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

**VEGAN**

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

**GLUTEN**

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

**Lunch**  
Grilled Chicken Piccata (M), Roasted Yellow Squash & Zucchini (VG), Honey Glazed Carrots (V,GF), Baked Whole Potatoes. [Calories 60-620]

**Dinner**  
Pork Curry with Squash (S,F), Steamed Spiced Broccoli, Steamed Basmati Rice, Fasolakia Lathera Greek Green Beans. [Calories 40-620]

**GRILL**

**Breakfast**  

**Lunch**  
Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Chili Cheese Dog (W,M,S), House Made Chips, Lettuce, Tomato, Onion, Pickle. [Calories 5-2065]

**Dinner**  
Vegan Dog (W), French Fries (S), Corn. [Calories 1690]

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

**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 5-1405]

**SOUPS**

**Lunch**  
Sweet Potato Chipotle, Clam Chowder

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

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

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**WEDNESDAY**

**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**  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**  Scrambled Eggs (E, V, GF), Turkey Sausage Patty, Breakfast Spiced Potatoes, Bacon, Blueberry Pancake (M, S, W, E, V), Sausage Gravy (M, W), Biscuits (M, S, W, E), Plain Pancake (M, S, W, E, V), French Toast (M, S, W, E, V), Chocolate Chip Pancake (M, S, W, E, V). [Calories 80-1665]

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

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

**Dinner**  Taco Seasoned Garden (W, S), Corn Tortilla, Diced Tomato, Diced Onions, Black Beans, Vegan Mozzarella Cheese, Shredded Lettuce. [Calories 5-455]

**GLUTEN**

**Breakfast**  Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 80-575]

**Lunch**  Beef Barbacoa, Corn Tortilla, Seasoned Beans & Corn, Cilantro Lime Rice, Pineapple Salsa, Lime Crema (M), Shredded Cheddar (M). [Calories 20-625]

**Dinner**  Chicken Cacciatore, Jasmine Rice, Blisttered Green Bean with Garlic, 

**GRILL**


**Lunch**  Grilled Marinated Chicken Sandwich (M, S, W), Hamburger (S), Grilled Cheese Sandwich (M, S, W, S), Mushroom Swiss Burger (W, S, M, F), Shoestring Fries (S, W), Lettuce, Tomato, Onion, Pickle. [Calories 5-2640]

**Dinner**  Fried Chicken Sandwich (S, W), Turkey Burger (S), Grilled Cheese Sandwich (M, S, W, S), Turkey Burger with Pepper Jack (W, S, M), Shoestring Fries (W, S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1635]

**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, W, S, E). [Calories 290-360]

**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 5-1115]

**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
- F – Contains Fish
- S – Contains Soy
- P – Contains Peanuts
- E – Contains Eggs
- SS – Contains Sesame
- T – Contains Tree Nuts

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THURSDAY

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

**Menus subject to change.**

**Food Allergen Information:**

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

**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, 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**

**Lunch/Dinner**
- Breakfast Bar; French Toast Sticks (E,M,S,W), Silver Dollar Pancakes (E,M,W,S), Scrambled Eggs (E), Scrambled Egg Whites (E), Bacon, Turkey Sausage Link, Potatoes O’Brien, Shredded Cheddar (M), Shredded Mozzarella (M), Strawberry Topping, Blueberry Topping, Whipped Cream, Syrup. ([Calories 50-1680])

**VEGAN**

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

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

**Dinner**
- White Sun-Dried Tomato Stew Beans, Roasted potatoes with Lemon Vinaigrette, Roasted Brussels Sprouts. ([Calories 50-680])

**GLUTEN**

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

**Lunch**
- Cajun Jambalaya, Sweet Corn Cheddar Grits (M), Garlic Roasted Okra, Slow Cooked Collard Greens. ([Calories 60-455])

**Dinner**
- Kuku Paka Coconut Chicken Curry (T), Bok Choy Stir Fry (SS), Jasmine Rice, Ginger & Garlic Broccoli. ([Calories 45-665])

**GRILL**

**Breakfast**

**Lunch**
- Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Nashville Style Hot Chicken Sandwich (W,M,S), Curly Fries (VG,W,S), Lettuce, Tomato, Onion, Pickle. ([Calories 5-1945])

**Dinner**
- Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S), Cauliflower Bites (M,S,W,E), Curly Fries (VG,W,S), Lettuce, Tomato, Onion, Pickle. ([Calories 5-2140])

**PIZZA**

**Breakfast**
- French Toast Bar; French Toast Sticks (M,W,E,SS), 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**
- 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])

**SOUPS**

**Lunch**
- Garden Veggie, Loaded Potato

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

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FRIDAY

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 5-585]

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 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 5-550]

VEGAN

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper & Onion. [Calories 5-500]

Lunch Chicken Gardein (W,S), French Fries (S), Bell Peppers & Roasted Onions. [Calories 5-460]

Dinner Crispy Baked Orange Tofu (S), Jasmine Rice, Ginger & Garlic Broccoli, Ginger Snap Peas. [Calories 5-550]

GLUTEN

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 5-780]

Lunch Chicken Tikka Masala (M), Steamed Basmati Rice, Cauliflower Raisins Turmeric, Spicy Peas (SS). [Calories 5-660]

Dinner Oktoberfest Roasted Chicken Thigh, Rosemary Garlic Red Potatoes, Sugar Snap Peas & Baby Carrots, Sweet Corn Succotash. [Calories 5-710]

GRILL

Breakfast Biscuit (M,S,W,E,F), Bacon, Egg & Cheese Croissant (M,W,E,S,F), Bacon, Egg & Cheese Croissant (M,W,E,S,F). [Calories 80-975]

Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,W,S,F), Buffalo Chicken Sandwich (M,W,S,F), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-720]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S,F),Sundried Tofu (E,W,M,S), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-2185]

PIZZA

Breakfast Pancake Bar; Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 5-420]

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Mac & Cheese (M,W,S). [Calories 5-410]

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 (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1170]

SOUPS

Lunch Tomato Feta, Coconut Curry Chicken

Dinner Chicken Tortilla, Veggie Chili, Crackers

W – Contains Wheat

M – Contains Milk

SF – Contains Shellfish

S – Contains Soy

E – Contains Eggs

F – Contains Tree Nuts

P – Contains Peanuts

SS – Contains Sesame

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