Thursday

Menus subject to change.

HOME

Breakfast  Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon and Hash Brown Patty (S)
               Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-510]

Lunch     Maple and Walnut Crusted Salmon (F,T-walnuts), Buttermilk Mashed Yukon Potatoes (M), Cranberry Brown
               Butter Brussels Sprouts (M), and Garlic and Parmesan Roasted Cauliflower (M) [calories 90-1280]

Dinner    Chicken Parmesan (M,S,W), Spaghetti (W), Honey Glazed Carrots (M), Garlic Broccolini and Marinara
               [calories 80-860]

TRANSFORMATION

Lunch/Dinner  Baked Potato Bar with assorted toppings [calories 210-1025]

VEGAN

Breakfast  Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]

Lunch     Lentil Sloppy Joe’s (W), French Fries (S), Roasted Brussel Sprouts and Sugar Snap Peas and Baby Carrots
               [calories 70-872]

Dinner    Huli Huli Tofu (S), Fried Rice (S,SS) and Stir Fry Vegetables (S) [calories 130-840]

GLUTEN SOLUTIONS

Lunch     Taco Seasoned Ground Turkey, Corn Tortillas, Mexican Rice (S), Mexican Street Corn (M) and Lettuce/Tomato
               [calories 170-650]

Dinner    Pork Carnitas, Cilantro Lime Rice, Spiced Green Beans, and Fire Roasted Sweet and Corn and Peppers
               [calories 50-450]

GRILL

Breakfast  Bacon, Egg, and Cheese English Muffin (M,S,W,E), Egg, Spinach and Cheese English Muffin (M,S,W,E) and Waffles
               (M,S,W) [calories 280-295]

Lunch     Grilled Cheese (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Tater Tots [calories 150-610] 
               Available upon request - Veggie Burger (S,W) [calories 280]

Dinner    Corn Dog (S,W,M,E), Chicken Parm Sandwich (M,S,W) and Shoestring Fries (S,W) [calories 170-830]
               Available upon request - Veggie Burger (S,W) [calories 280]

PIZZA

Lunch/Dinner  Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), BBQ Chicken (M,S,W) [calories 165-325]

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.

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