

Limited Time Offer of the Week: **SKEWERS DONUT HOLES**

W/ powder sugar,
Cinnamon sugar,
Chocolate syrup,
Or Glazed

5 donut holes on skewers with your choice of topping

Price: \$1.50

Cal: 250 kcal

Protein: 10 grams

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



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EAT WELL



VEGAN



VEGETARIAN



WHOLE GRAIN



PLANT FORWARD

TODAY'S SPECIAL

Everyday Lunch

8 oz Soups \$2.50

Cheeseburger

\$4.50

Protein 22g

Add Bacon

\$1.00

490 Cal.

Monday – Beef Barley
Prot. 7 g

120 Cal.

Tuesday- Chicken Noodle
Prot. 7g

137 Cal.

Wednesday Chipotle
Corn Chowder Prot. 7g

243 Cal.

Grilled Cheese

\$3.00

Protein 22g

Add Ham (If available)

\$1.00

411 Cal.

Thursday – Cheddar
Bacon Potato Chowder
Prot. 13 g

309 Cal

Friday – Tomato basil
Prot. 1g

85 Cal

Salad Bar

\$0.50/oz

Calories Vary

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Monday- Fair Corn day

1 serv. Open face Roast beef 6.00 **Protein 25g**

4 oz Roast Beef \$4.00 **Protein 21g**

½ cup Mashed potato \$ 1.50 **Protein 3g** 

1 Corn on a Cob \$1.50 **Protein 4g** 

455 Cal

218 Cal

127Cal

127 Cal

Tuesday Fair Beef Nacho day

Beef Nacho \$5.50 **Protein 39g**

Chips & Cheese Dip \$2.00 **Protein 22g**

Taco Salad (No chips) \$ 5.00 **Protein 29g**

925 Cal

690 Cal

737 Cal

Wednesday Funnel cake day

1 serv. Chicken Caesar Wrap \$ 5.00 **Protein 30g**

1Funnel cake \$1.50 **Protein 2g** 

520 Cal

207 Cal

Thursday Pork Tenderloin day

1 serv. Prok Tenderloin Sandwich \$4.50 **Prot 19g**

6 oz of Curly potato \$1.50 **Prot 6g** 

½ cup Green Beans \$1.25 **Protein 2g** 

417 Cal.

241 Cal

27 Cal

Friday

1 each Pizza \$3.00 **Protein 22g**

Bread cheese \$1.25 

½ cup Oven Roast carrot \$ 1.25 **Protein 3 g** 

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252Cal

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TODAY'S SPECIAL

Grab and Go

Parfait 1: Cookie&Cream Peanut Butter Pie Parfait

Parfait 2 : Strawberry Yogurt Parfait

Salad 1 : Fruit and Nut Salad

Salad 2 : Small Garden salad

Bento Box: Salad Trio Bento Box

Sandwich/wrap1 : Italian Pinwheels

Sandwich/wrap1 : Dijon Ham Sub

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