



WELCOME TO YOUR

Breakfast (SERVED FROM 6AM-10AM)

Bagel w/CC.....	\$ 2.00	72
Cereal.....	\$ 2.25	148
Grits	\$ 1.20	96
Toast	\$ 1.00	110
Egg.....	\$ 0.95	70
Gravy	\$ 0.95	206
Sausage Patty.....	\$ 1.20	260

	PRICE	CALORIES
Bacon (3)	\$ 1.70	240
Bacon (4)	\$ 2.00	320
Hashbrowns	\$ 1.75	220
w/Gravy.....	\$ 1.95	426
Biscuit.....	\$ 1.30	220
w/Gravy.....	\$ 1.95	426

Breakfast Sandwiches

Egg.....	\$ 1.75	115
Egg, Cheese	\$ 2.05	175
Bacon, Egg.....	\$ 2.70	420
Bacon, Egg, Cheese	\$ 2.95	480
Sausage, Egg	\$ 2.70	440
Sausage, Egg, Cheese...	\$ 2.95	500

Smoked Sausage.....	\$ 3.40	285
Smoked Sausage, Egg...	\$ 3.75	345
Smoked Sausage, Egg Cheese.....	\$ 3.95	405
Ham, Egg	\$ 2.95	420

Breakfast Biscuits

Sausage.....	\$ 1.85	480
Sausage, Egg	\$ 3.00	550

Sausage, Egg, Cheese ..	\$ 3.30	610
Bacon, Egg, Cheese	\$ 3.30	590

HUNGRY HARRIER CAFE

Breakfast Combo

	PRICE	CALORIES
Combo #1	\$ 5.50	807
2 Egg Omelet w/Cheese, your choice Bacon/Ham/Sausage, Toast, Hashbrown		

	PRICE	CALORIES
Combo #2	\$ 3.75	587
3 Egg Omelet w/Cheese and Toast		

Lunch

Chef Salad	\$ 5.95	347
Chicken Salad	\$ 6.25	490
Garden Salad	\$ 4.75	120
Tuna Salad.....	\$ 6.50	229
Cup of Soup.....	\$ 3.50	322
Cup of Chili.....	\$ 4.10	322
BBQ Sandwich.....	\$ 2.50	495
Chicken Salad Sandwich..	\$ 3.60	277
Tuna Salad Sandwich..	\$ 3.10	229
Egg Salad Sandwich...	\$ 2.75	541
Ham & Cheese Sandwich..	\$ 2.85	180
Hot Dog.....	\$ 2.65	310
Chili Dog.....	\$ 2.95	379
Hamburger	\$ 3.35	374
Cheeseburger	\$ 3.65	434
Double Cheeseburger..	\$ 5.85	540
Turkey.....	\$ 3.75	355

Lunch Specials

Lunch Special	\$ 8.00	Var.
Main Entree Only	\$ 5.75	Var.
Veggie Plate	\$ 3.60	Var.
Vegetable Portion Only.....	\$ 1.40	Var.
Double Cheeseburger Combo	\$8.50	600

THIS MENU HAS BEEN COLOR CODED FOR HEALTHIER CHOICES
GOOD CHOICE **BETTER CHOICE** **BEST CHOICE**

Beverages

	PRICE	CALORIES		PRICE	CALORIES
Bottled Water	\$ 1.20	0	Powerade.....	\$ 1.85	123
Orange Juice.....	\$ 1.20	80	Energy Drink	\$ 2.25	48
Milk.....	\$ 1.70	138	Vitamin Water.....	\$ 1.85	123
Cappuccino - 12oz.....	\$ 1.30	90			
Coffee - 12oz	\$ 1.25	12			
Coffee - 24oz	\$ 1.50	24			
Soft Drink - 24oz	\$ 1.60	287			
Sof Drink - 32oz	\$ 1.75	382			

Extras & Snacks

Yogurt	\$ 2.25	80	Lettuce.....	\$ 0.15	1
Egg - Hard Boiled	\$ 0.95	70	Tomato.....	\$ 0.15	3
Candy.....	\$ 1.00	280	Onion	\$ 0.15	4
Cream Cheese.....	\$ 0.75	300	Cup of Ice	\$ 0.50	N/A
Chips - Assorted.....	\$ 1.25	210	Saltine Crackers	\$ 0.05	60
French Fries	\$ 1.75	240	Knife.....	\$ 0.05	N/A
Cookie - 3pk	\$ 2.25	390	Spoon	\$ 0.05	N/A
Butter/Jelly/Creamer ...	\$ 0.10	N/A	Fork.....	\$ 0.05	N/A