

WELCOME TO YOUR

FRUIT

	PRICE	CALORIES		PRICE	CALORIES
Fresh Fruit.....	\$ 1.00	Var			

BREAKFAST (Served from 6:00am - 10:00am)

Bagel w/CC.....	\$ 2.00	72	(3) Bacon.....	\$ 1.70	240
Cereal.....	\$ 2.25	148	(4) Bacon.....	\$ 2.00	320
Grits.....	\$ 1.20	96	Hashbrowns.....	\$ 1.75	220
Toast.....	\$ 1.00	110	Hashbrowns w Gravy.....	\$ 1.95	426
Egg.....	\$ 0.95	70	Biscuit.....	\$ 1.30	220
Gravy.....	\$ 0.95	206	Biscuit w/Gravy.....	\$ 1.95	426
Sausage Patty.....	\$ 1.20	260			

BREAKFAST SANDWICHES

Egg.....	\$ 1.75	115	Smoked Sausage.....	\$ 3.40	285
Egg, Cheese.....	\$ 2.05	175	Smoked Sausage, Egg.....	\$ 3.75	345
Bacon, Egg.....	\$ 2.70	420	Smoked Sausage, Egg, Cheese.....	\$ 3.95	405
Bacon, Egg, Cheese.....	\$ 2.95	480	Ham, Egg.....	\$ 2.95	420
Sausage, Egg.....	\$ 2.70	440	Tator Tots.....	\$ 2.00	160
Sausage, Egg, Cheese.....	\$ 2.95	500			

BREAKFAST BISCUITS

Sausage.....	\$ 1.85	480	Bacon, Egg.....	\$ 3.00	530
Sausage, Egg.....	\$ 3.00	550	Bacon, Egg, Cheese.....	\$ 3.30	590
Sausage, Egg, Cheese.....	\$ 3.30	610			

SNACK-A-TACH

LUNCH

	PRICE	CALORIES
Chef Salad.....	\$ 5.95	347
Chicken Salad.....	\$ 6.25	323
Garden Salad.....	\$ 4.75	120
Tuna Salad.....	\$ 6.50	229
12oz Cup of Soup.....	\$ 3.50	322
12oz Cup of Chili.....	\$ 4.10	322
Tuna Wrap.....	\$ 4.95	549
Chicken Sub.....	\$ 4.35	247
Turkey Sandwich.....	\$ 3.75	485
BBQ Sandwich.....	\$ 2.50	495
Chicken Salad Sandwich....	\$ 3.60	277
Chicken Fillet Sandwich.....	\$ 4.75	515
Tuna Salad Sandwich.....	\$ 3.10	229
Egg Salad Sandwich.....	\$ 2.75	541
Ham & Cheese Sandwch....	\$ 2.85	180
Hot Dog.....	\$ 2.65	310
Chili Dog.....	\$ 2.95	379

	PRICE	CALORIES
Hamburger.....	\$ 3.35	374
Cheeseburger.....	\$ 3.65	434
Tornado - Assorted.....	\$ 1.75	170
Turkey ETC.....	\$ 4.75	355
Tuna Sub.....	\$ 4.40	630
Poor-Boy Sub.....	\$ 4.50	586

LUNCH SPECIALS

Hot Lunch Special.....	\$ 8.00	Var.
Main Entree Only.....	\$ 5.75	Var.
Veggie Plate.....	\$ 3.60	Var.
Vegetable Portion Only.....	\$ 1.40	Var.
Cold Lunch Special.....	\$ 4.65	Var.
Burger Lunch Special.....	\$ 6.25	Var.

Cold Lunch and Burger Lunch Specials include: chips and 32oz soda

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	Soft Drink - 24oz.....	\$ 1.60	287
Orange Juice.....	\$ 1.20	80	Soft Drink - 32oz.....	\$ 1.75	382
Milk.....	\$ 1.70	138	Iced Tea 24oz.....	\$ 1.60	<210
F'Real Milk Shakes.....	\$ 3.75	513	Unsweet or Sweet		
F'Real Milk Smoothies.....	\$ 3.75	277	Iced Tea 32oz.....	\$ 1.75	<280
Cappuccino 12oz.....	\$ 1.30	90	Unsweet or Sweet		
Coffee - 12oz.....	\$ 1.25	12	Powerade.....	\$ 1.85	123
Coffee - 24oz.....	\$ 1.50	24	Energy Drink.....	\$ 2.25	48
			Vitamin Water.....	\$ 1.85	123

EXTRAS & SNACKS

Cheese Slice.....	\$ 0.30	60	Cookie - 3pk.....	\$ 2.25	390
Cream Cheese.....	\$ 0.75	300	Danish-Elite.....	\$ 2.50	430
Jello.....	\$ 1.30	200	Lettuce.....	\$ 0.15	1
Yogurt.....	\$ 2.25	80	Tomato.....	\$ 0.15	3
Egg- Hard Boiled.....	\$ 0.95	70	Onion.....	\$ 0.15	4
Pretzel.....	\$ 1.75	180	Cup of Ice.....	\$ 0.50	N/A
Candy.....	\$ 1.00	280	Saltine Crackers.....	\$ 0.05	60
Carrot/Celery Snacks.....	\$ 2.00	35	Knife.....	\$ 0.05	N/A
Butter/Jelly/Creamer.....	\$ 0.10	Var.	Spoon.....	\$ 0.05	N/A
Chips- Assorted Flavors.....	\$ 1.25	210	Fork.....	\$ 0.05	N/A