

CYCLE THREE OCT/NOV 2019 Orders

**CYCLE THREE OCT/NOV 2019 - Orders will be accepted between
 Thursday October 17th, 2019 & Wednesday October 23rd, 2019.**

On-Line Order
 CYCLE THREE OCT/NOV 2019

CHICKEN AND WAFFLES/PULLED PORK GRILLED CHEESE/CHILI

Monday October 28th, 2019

-- ENTREE --

[hide]

CHICKEN & WAFFLE

x \$5.25

- belguim waffle with crunch chicken bites syrprup on the side

BBQ PULLED PORK GRILLED CHEESE

x \$4.25

- texas bread

BREAD: WHITE WHOLE WHEAT

CHILI

x \$4.00

CHILI WITH CHEDDAR CHEESE ON TOP

x \$4.25

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

SUBS & SOUP

Tuesday October 29th, 2019

-- ENTREE --

[hide]

HAM AND CHEESE SUB

x \$4.00

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT

LETTUCE

TURKEY AND CHEESE SUB

x \$4.00

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT

LETTUCE

BLT SUB (TURKEY BACON, LETTUCE AND TOMATO)

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT LETTUCE x \$3.75**ROAST BEEF AND CHEESE SUB**

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT LETTUCE x \$4.00**SIDE OF FRESH TOMATO SLICES** x \$1.00**SIDE OF CUCUMBER SLICES** x \$1.00**MEATBALL SUB**

- 6" sub with meatballs in tomato sauce and mozza cheese

BUN: WHITE BROWN x \$4.25**-- SALADS AND SIDES --**

[hide]

CHICKEN NOODLE SOUP x \$3.50**LOADED BAKED POTATO SOUP**

- crackers on the side

 x \$3.50**VEGGIES AND DIP**

- carrots, celery and snap peas with ranch dip

 x \$2.00**FRESH FRUIT CUP**

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

 x \$3.25**CHICKEN CAESAR SALAD - ENTREE SIZE**

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

 x \$4.50**DELUXE GARDEN SALAD - ENTREE SIZE**

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

 x \$4.25**CROUTONS:** CROUTONS**GREEK SALAD - ENTREE SIZE**

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

 x \$4.25**APPLE CHICKEN SALAD - ENTREE SIZE**

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

 x \$4.50**BEEF TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

 x \$4.50**CHICKEN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

 x \$4.50**VEGETARIAN TACO SALAD - ENTREE SIZE**

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

 x \$4.50**CAESAR SALAD**

- with parmesan cheese and croutons dressing on the side

 x \$2.50**TOSSED SALAD**

- ranch dressing on the side

 x \$2.50**-- BEVERAGE --**

[hide]

BOTTLED WATER 500 ML x \$1.25**CHOCOLATE MILK** x \$2.50**WHITE MILK** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PURE ORANGE JUICE 300 ML** x \$2.50**CALZONE/BAKED POTATO**

Wednesday October 30th, 2019

-- ENTREE --

[hide]

BBQ CHICKEN CALZONE x \$5.25**PEPPERONI AND SAUSAGE CALZONE** x \$5.25**BAKED POTATO** x \$3.25**ON THE SIDE:** BUTTER BACON SOUR CREAM**BAKED POTATO WITH CHILI AND CHEESE** x \$3.50**-- SALADS AND SIDES --**

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

 x \$2.00**FRESH FRUIT CUP**

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

 x \$3.25**CHICKEN CAESAR SALAD - ENTREE SIZE**

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

 x \$4.50**DELUXE GARDEN SALAD - ENTREE SIZE**

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

- ranch dressing on the side

-- DESSERT --

MUD, WORMS AND DIRT PUDDING

-- BEVERAGE --

BOTTLED WATER 500 ML

CHOCOLATE MILK

WHITE MILK

PURE APPLE JUICE 300 ML

PURE ORANGE JUICE 300 ML

x \$4.25

x \$4.50

x \$4.50

x \$4.50

x \$4.50

x \$2.50

x \$2.50

x \$2.00

x \$1.25

x \$2.50

x \$2.50

x \$2.50

x \$2.50

[hide]

[hide]

TACOS and FAJITAS

-- ENTREE --

CHICKEN TACO

- soft taco with mildly seasoned chicken and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

BEEF TACO

- soft taco with mildly seasoned beef and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

VEGETARIAN TACO

- soft taco with mildly seasoned veggie ground and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

BEEF FAJITA

- soft taco with mildly seasoned beef, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

CHICKEN FAJITA

- soft taco with mildly seasoned chicken, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

VEGETARIAN FAJITA

- soft taco with mildly seasoned veggie ground, shredded cheese and sauted onions and sweet peppers

LETTUCE

WRAP: WHITE WHOLE WHEAT

SIDE OF SOUR CREAM

SIDE OF SALSA

-- SALAD AND SIDES --

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.25

x \$4.25

x \$4.25

x \$4.50

x \$4.50

x \$4.50

x \$0.75

x \$0.75

x \$3.25

x \$2.00

x \$4.25

x \$4.50

[hide]

Thursday October 31st, 2019

[hide]

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

CHICKEN FINGERS

Friday November 1st, 2019

-- ENTREE --

[hide]

CHICKEN FINGERS (2) AND ROASTED POTATOES

- sauce on the side

x \$5.25

3 CHICKEN FINGERS (no potatoes)

- sauces on the side

x \$5.25

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

WHITE MILK

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

-- ENTREE --

[hide]

BUFFALO CHICKN RANCH WRAP

- buffalo (mild) chicken, cheddar cheese, bacon and ranch

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

CLUB WRAP

- crispy chicken, cheddar cheese, bacon mayo and mustard on the side

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

SIDE OF CUCUMBER SLICES

x \$1.00

SIDE OF FRESH TOMATO SLICES

x \$1.00

TERIYAKI CHICKEN WRAP

- teriyaki chicken, romaine lettuce, shredded carrots, shredded cucumbers, rice and teriyaki sauce

WRAP: WHITE WHOLE WHEAT

x \$4.25

CHICKEN CAESAR WRAP

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and chicken

WRAP: WHITE WHOLE WHEAT

x \$4.25

DONAIR WRAP

- cheese, donair meat, lettuce and donair sauce

WRAP: WHITE WHOLE WHEAT

x \$4.25

GREEK CHICKEN WRAP

- seasoned chicken, romaine lettuce, tomatoes, cucumbers, feta cheese and tzatziki sauce

WRAP: WHITE WHOLE WHEAT

x \$4.25

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP

x \$3.50

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

SUBS & SOUP

Tuesday November 5th, 2019

-- ENTREE --

[hide]

HAM AND CHEESE SUB

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT

LETTUCE

x \$4.00

TURKEY AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT
 LETTUCE

BLT SUB (TURKEY BACON, LETTUCE AND TOMATO)

- 6" mayo and mustard on the side

x \$3.75

BUN: WHITE WHOLE WHEAT
 LETTUCE

ROAST BEEF AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT
 LETTUCE

SIDE OF FRESH TOMATO SLICES

x \$1.00

SIDE OF CUCUMBER SLICES

x \$1.00

MEATBALL SUB

- 6" sub with meatballs in tomato sauce and mozza cheese

x \$4.25

BUN: WHITE BROWN

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP

x \$3.50

LOADED BAKED POTATO SOUP

- crackers on the side

x \$3.50

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

MEATBALLS AND MASHED POTATOES/TURKEY AND MASHED POTATOES/BAKED HAM AND HASHBROWN CASSEROLE

Wednesday November 6th, 2019

-- ENTREE --

[hide]

MEATBALLS IN GRAVY WITH MASHED POTATOES

x \$5.25

TURKEY SCHNITZEL AND MASHED POTATOES

- lightly breaded turkey breast

x \$5.25

GRAVY

BAKED HAM AND CHEESE HASHBROWN CASSEROLE

x \$5.25

-- SALAD AND SIDES --

[hide]

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

TORTELLINI

Thursday November 7th, 2019

-- ENTREE --

[hide]

TORTELLINI

x \$5.25

- four cheese

SAUCE: CREAM TOMATO BUTTER AND PARMESAN CHEESE

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

GARLIC TOAST

x \$1.75

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- DESSERT --

[hide]

OREO DONUT

x \$2.00

-- BEVERAGES --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

WRAPS & POUTINE & FRIES

Friday November 8th, 2019

-- ENTREE --

[hide]

CHICKEN CAESAR WRAP

x \$4.25

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and chicken

WRAP: WHITE WHOLE WHEAT

TURKEY BACON RANCH WRAP

x \$4.25

- cheese, turkey, bacon and ranch

WRAP: WHITE WHOLE WHEAT

Lettuce

POUTINE

x \$4.50

- fries real cheese curds and gravy

FRENCH FRIES

x \$3.25

SIDE OF FRESH TOMATO SLICES

x \$1.00

SIDE OF CUCUMBER SLICES

x \$1.00

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

BREAKFAST SANDWICHES

Monday November 18th, 2019

-- ENTREE --

[hide]

EGG, CHEESE AND BACON BUN

x \$4.00

BUN: WHITE WHOLE WHEAT

EGG, CHEESE AND SAUSAGE BUN

x \$4.00

BUN: WHITE WHOLE WHEAT

EGG AND CHEESE BUN

x \$3.75

BUN: WHITE WHOLE WHEAT

BREAKFAST WRAP

x \$4.00

- scrambled eggs, shredded cheese and turkey bacon

WRAP: WHITE WHOLE WHEAT

TEX MEX BREAKFAST WRAP

x \$4.00

- scrambled eggs, shredded cheese, turkey bacon and salsa

WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

HASHBROWNS

x \$2.00

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- DESSERT --

[hide]

BROWNIE

x \$2.00

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

HOT DOGS AND SMOKIES

Tuesday November 19th, 2019

-- ENTREE --

[hide]

JUMBO ALL BEEF HOT DOG

x \$3.75

BUN: WHITE WHOLE WHEAT

JUMBO CHICKEN HOT DOG

x \$3.75

CHEDDAR CHEESE SMOKIE

x \$4.25

BUN: WHITE WHOLE WHEAT

VEGGIE HOT DOG

x \$4.00

BUN: WHITE WHOLE WHEAT GLUTEN FREE

-- SALADS AND SIDES --

[hide]

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

CHICKEN BURGERS

Wednesday November 20th, 2019

-- ENTREE --

[hide]

CHICKEN BURGER

x \$3.75

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

CHICKEN BURGER with cheese

x \$4.00

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

CHICKEN BURGER with cheese and bacon

x \$4.25

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

GRILLED CHICKEN BREAST BURGER

x \$5.25

- grilled chicken breast

BUN: WHITE WHOLE WHEAT GLUTEN FREE

LETTUCE TOMATOES

-- SALAD AND SIDES --

[hide]

HOMEMADE POTATO CHIPS

x \$2.75

SIDE OF RANCH DIP

x \$0.75

FRESH FRUIT CUP

x \$3.25

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

VEGGIES AND DIP

x \$2.00

- carrots, celery and snap peas with ranch dip

CHICKEN CAESAR SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

DELUXE GARDEN SALAD - ENTREE SIZE

x \$4.25

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

x \$4.25

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

APPLE CHICKEN SALAD - ENTREE SIZE

x \$4.50

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

BEEF TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

CHICKEN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

VEGETARIAN TACO SALAD - ENTREE SIZE

x \$4.50

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

x \$2.50

- ranch dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

PEROGIES

Thursday November 21st, 2019

-- ENTREE --

[hide]

PEROGIES (6)

- cheddar cheese and potato

x \$5.25

PEROGIES (6) and SAUSAGE

- cheddar cheese and potato perogies and ham garlic sausage

x \$6.50

SIDE OF SOUR CREAM

x \$0.75

SIDE OF REAL BACON BITS

x \$1.00

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

GRILLED CHEESE

Friday November 22nd, 2019

-- ENTREE --

[hide]

GRILLED CHEESE

- texas bread

x \$3.75

BREAD: WHITE WHOLE WHEAT

GRILLED CHEESE AND HAM

- texas bread

x \$4.00

BREAD: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

TOMATO SOUP

- crackers on the side

x \$3.50

CHICKEN NOODLE SOUP

x \$3.50

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

x \$4.25

CROUTONS: CROUTONS

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

- BEEF TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream
- CHICKEN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing
- VEGETARIAN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream
- CAESAR SALAD** x \$2.50
- with parmesan cheese and croutons dressing on the side
- TOSSED SALAD** x \$2.50
- ranch dressing on the side
- BEVERAGE --
- BOTTLED WATER 500 ML** x \$1.25
- CHOCOLATE MILK** x \$2.50
- WHITE MILK** x \$2.50
- PURE ORANGE JUICE 300 ML** x \$2.50
- PURE APPLE JUICE 300 ML** x \$2.50

[hide]

PIZZA LOAF/FISH TACO/BAKED POTATO

Monday November 25th, 2019

- ENTREE --
- BAKED PIZZA LOAF - PEPPERONI AND HAM** x \$4.25
- 6" sub bun with cheese, pizza sauce, pepperoni and ham BAKED
BUN: WHITE WHOLE WHEAT
- BAKED PIZZA LOAF - CHEESE** x \$4.00
- 6" sub bun with cheese, pizza sauce BAKED
BUN: WHITE WHOLE WHEAT
- FISH TACO** x \$4.00
- soft taco with lightly bread fish (salsa, tartar sauce, ranch available on the side)
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- LOADED ROASTED POTATOES** x \$4.00
- roasted potatoes topped with cheddar cheese and bacon sour cream on the side
 Green onion

[hide]

-- SALADS AND SIDES --

[hide]

- VEGGIES AND DIP** x \$2.00
- carrots, celery and snap peas with ranch dip
- FRESH FRUIT CUP** x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added
- CHICKEN CAESAR SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side
- DELUXE GARDEN SALAD - ENTREE SIZE** x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side
CROUTONS: CROUTONS
- GREEK SALAD - ENTREE SIZE** x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side
- APPLE CHICKEN SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side
- BEEF TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream
- CHICKEN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing
- VEGETARIAN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream
- CAESAR SALAD** x \$2.50
- with parmesan cheese and croutons dressing on the side
- TOSSED SALAD** x \$2.50
- ranch dressing on the side

[hide]

-- DESSERT --

- ICE CREAM SUNDAE** x \$2.00
TOPPING: STRAWBERRY CHOCOLATE
- BEVERAGE --
- BOTTLED WATER 500 ML** x \$1.25
- CHOCOLATE MILK** x \$2.50
- WHITE MILK** x \$2.50

[hide]

PURE APPLE JUICE 300 ML
PURE ORANGE JUICE 300 ML

x \$2.50
 x \$2.50

SUBS & SOUP

Tuesday November 26th, 2019

-- ENTREE --

[hide]

HAM AND CHEESE SUB

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT
 LETTUCE

x \$4.00

TURKEY AND CHEESE SUB

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT
 LETTUCE

x \$4.00

BLT SUB (TURKEY BACON, LETTUCE AND TOMATO)

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT
 LETTUCE

x \$3.75

ROAST BEEF AND CHEESE SUB

- 6" mayo and mustard on the side

BUN: WHITE WHOLE WHEAT
 LETTUCE

x \$4.00

SIDE OF FRESH TOMATO SLICES

x \$1.00

SIDE OF CUCUMBER SLICES

x \$1.00

MEATBALL SUB

- 6" sub with meatballs in tomato sauce and mozza cheese

BUN: WHITE BROWN

x \$4.25

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP

x \$3.50

LOADED BAKED POTATO SOUP

- crackers on the side

x \$3.50

VEGGIES AND DIP

- carrots, celery and snap peas with ranch dip

x \$2.00

FRESH FRUIT CUP

- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

x \$3.25

CHICKEN CAESAR SALAD - ENTREE SIZE

- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side

x \$4.50

DELUXE GARDEN SALAD - ENTREE SIZE

- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

x \$4.25

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

x \$4.25

APPLE CHICKEN SALAD - ENTREE SIZE

- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side

x \$4.50

BEEF TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream

x \$4.50

CHICKEN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing

x \$4.50

VEGETARIAN TACO SALAD - ENTREE SIZE

- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

x \$4.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

MAC AND CHEESE/CHICKEN ALFREDO/MAC AND TREES

Wednesday November 27th, 2019

-- ENTREE --

[hide]

- MAC AND CHEESE** x \$5.25
- CHICKEN ALFREDO** x \$5.25
- MAC AND TREES** x \$5.25
- mac and cheese with steamed broccoli
- SALADS AND SIDES --
- GARLIC TOAST** x \$1.75
- VEGGIES AND DIP** x \$2.00
- carrots, celery and snap peas with ranch dip
- FRESH FRUIT CUP** x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added
- CHICKEN CAESAR SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side
- DELUXE GARDEN SALAD - ENTREE SIZE** x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side
- CROUTONS:** CROUTONS
- GREEK SALAD - ENTREE SIZE** x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side
- APPLE CHICKEN SALAD - ENTREE SIZE** x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side
- BEEF TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream
- CHICKEN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing
- VEGETARIAN TACO SALAD - ENTREE SIZE** x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream
- TOSSED SALAD** x \$2.50
- ranch dressing on the side
- CAESAR SALAD** x \$2.50
- with parmesan cheese and croutons dressing on the side
- BEVERAGE --
- BOTTLED WATER 500 ML** x \$1.25
- CHOCOLATE MILK** x \$2.50
- WHITE MILK** x \$2.50
- PURE APPLE JUICE 300 ML** x \$2.50
- PURE ORANGE JUICE 300 ML** x \$2.50

[hide]

[hide]

Thursday November 28th, 2019

WRAPS

-- ENTREE --

[hide]

- BUFFALO CHICKN RANCH WRAP** x \$4.25
- buffalo (mild) chicken, cheddar cheese, bacon and ranch
- LETTUCE
- WRAP:** WHITE WHOLE WHEAT
- CLUB WRAP** x \$4.25
- crispy chicken, cheddar cheese, bacon mayo and mustard on the side
- LETTUCE
- WRAP:** WHITE WHOLE WHEAT
- SIDE OF CUCUMBER SLICES** x \$1.00
- SIDE OF FRESH TOMATO SLICES** x \$1.00
- TERIYAKI CHICKEN WRAP** x \$4.25
- teriyaki chicken, romaine lettuce, shredded carrots, shredded cucumbers, rice and teriyaki sauce
- WRAP:** WHITE WHOLE WHEAT
- CHICKEN CAESAR WRAP** x \$4.25
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and chicken
- WRAP:** WHITE WHOLE WHEAT
- DONAIR WRAP** x \$4.25
- donair meat, mozza cheese, donair sauce
- LETTUCE TOMATOES
- WRAP:** WHITE WHOLE WHEAT
- GREEK CHICKEN WRAP** x \$4.25
- seasoned chicken, romaine lettuce, tomatoes, cucumbers, feta cheese and tzatziki sauce
- WRAP:** WHITE WHOLE WHEAT
- SALADS AND SIDES --
- CHICKEN NOODLE SOUP** x \$3.50

[hide]

VEGGIES AND DIP	<input type="checkbox"/> x \$2.00
- carrots, celery and snap peas with ranch dip	
FRESH FRUIT CUP	<input type="checkbox"/> x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added	
CHICKEN CAESAR SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side	
DELUXE GARDEN SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side	
CROUTONS: <input type="checkbox"/> CROUTONS	
APPLE CHICKEN SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side	
GREEK SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side	
BEEF TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream	
CHICKEN TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing	
VEGETARIAN TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream	
TOSSED SALAD	<input type="checkbox"/> x \$2.50
- ranch dressing on the side	
CAESAR SALAD	<input type="checkbox"/> x \$2.50
- with parmesan cheese and croutons dressing on the side	
-- BEVERAGE --	
BOTTLED WATER 500 ML	<input type="checkbox"/> x \$1.25
CHOCOLATE MILK	<input type="checkbox"/> x \$2.50
WHITE MILK	<input type="checkbox"/> x \$2.50
PURE APPLE JUICE 300 ML	<input type="checkbox"/> x \$2.50
PURE ORANGE JUICE 300 ML	<input type="checkbox"/> x \$2.50

[hide]

BURGERS

Friday November 29th, 2019

-- ENTREE --	
HAMBURGER	<input type="checkbox"/> x \$3.75
BUN: <input type="checkbox"/> WHOLE WHEAT <input type="checkbox"/> WHITE	
CHEESEBURGER	<input type="checkbox"/> x \$4.00
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT	
BACON CHEESEBURGER	<input type="checkbox"/> x \$4.25
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT	
GRILLED CHICKEN BREAST BURGER	<input type="checkbox"/> x \$5.25
- grilled chicken breast	
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT <input type="checkbox"/> GLUTEN FREE	
<input type="checkbox"/> LETTUCE <input type="checkbox"/> TOMATOES	

[hide]

-- SALADS AND SIDES --

[hide]

FRESH FRUIT CUP	<input type="checkbox"/> x \$3.25
- 8 oz - Fresh assorted fruit in bite size pieces no sugar added	
VEGGIES AND DIP	<input type="checkbox"/> x \$2.00
- carrots, celery and snap peas with ranch dip	
CHICKEN CAESAR SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and roasted chicken CROUTONS ON THE SIDE dressing on the side	
DELUXE GARDEN SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.25
- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side	
CROUTONS: <input type="checkbox"/> CROUTONS	
GREEK SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side	
APPLE CHICKEN SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- romaine lettuce, apples, cucumbers, dried canberries, feta cheese, bacon bits and roasted chicken dressing on the side	
BEEF TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream	
CHICKEN TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing	
VEGETARIAN TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream	
CAESAR SALAD	<input type="checkbox"/> x \$2.50

- with parmesan cheese and croutons dressing on the side

TOSSED SALAD

- ranch dressing on the side

x \$2.50

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML

x \$1.25

CHOCOLATE MILK

x \$2.50

WHITE MILK

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

PURE ORANGE JUICE 300 ML

x \$2.50

Order Total:

Place Order & Proceed

Cancel Changes

