

CYCLE FOUR - DEC 2019/JAN 2020 Orders

**CYCLE FOUR - DEC 2019/JAN 2020 - Orders will be accepted between
 Wednesday November 20th, 2019 & Wednesday November 27th, 2019.**

On-Line Order
 CYCLE FOUR - DEC 2019/JAN 2020

PANCAKES/FRENCH TOAST/BREAKFAST WRAPS

Monday December 2nd, 2019

-- ENTREE --

[hide]

PANCAKES (3)

x \$3.75

- syrup and butter on the side

PANCAKES (2), BACON AND SCRAMBLED EGG

x \$5.25

- syrup and butter on the side

CINNAMON FRENCH TOAST, BACON AND SCRAMBLED EGG

x \$5.25

- syrup on the side

BREAKFAST WRAP

x \$4.00

- scrambled eggs, shredded cheese and turkey bacon

WRAP: WHITE WHOLE WHEAT

-- 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

HASHBROWNS

x \$2.00

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 December 3rd, 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)** x \$3.75
- 6" mayo and mustard on the side
- BUN:** WHITE WHOLE WHEAT
- LETTUCE
- ROAST BEEF AND CHEESE SUB** x \$4.00
- 6" mayo and mustard on the side
- BUN:** WHITE WHOLE WHEAT
- LETTUCE
- SIDE OF FRESH TOMATO SLICES** x \$1.00
- SIDE OF CUCUMBER SLICES** x \$1.00
- MEATBALL SUB** x \$4.25
- 6" sub with meatballs in tomato sauce and mozza cheese
- BUN:** WHITE BROWN
- SALADS AND SIDES --
- CHICKEN NOODLE SOUP** x \$3.50
- LOADED BAKED POTATO SOUP** x \$3.50
- crackers on the side
- 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 --
- 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]

TACOS and FAJITAS

Wednesday December 4th, 2019

- ENTREE --
- CHICKEN TACO** x \$4.25
- soft taco with mildly seasoned chicken and shredded cheese
- LETTUCE
- WRAP:** WHITE WHOLE WHEAT
- BEEF TACO** x \$4.25
- soft taco with mildly seasoned beef and shredded cheese
- LETTUCE
- WRAP:** WHITE WHOLE WHEAT
- VEGETARIAN TACO** x \$4.25
- soft taco with mildly seasoned veggie ground and shredded cheese
- LETTUCE
- WRAP:** WHITE WHOLE WHEAT

[hide]

BEEF FAJITA

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

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

CHICKEN FAJITA

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

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

VEGETARIAN FAJITA

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

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.50

SIDE OF SOUR CREAM

x \$0.75

SIDE OF SALSA

x \$0.75

-- SALAD 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

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

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

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 BALLS & TERIYAKI & GINGER BEEF

Thursday December 5th, 2019

-- ENTREE --

[hide]

CHICKEN BALLS (5) AND FRIED RICE

SWEET AND SOUR SAUCE

x \$5.25

TERIYAKI CHICKEN WITH STEAMED RICE

- grilled chicken, steamed rice, carrots, broccoli and teriyaki sauce

x \$5.25

TERIYAKI SHRIMP WITH STEAMED RICE

- grilled shrimp, steamed rice, carrots, broccoli and teriyaki sauce

x \$5.25

GINGER BEEF WITH FRIED RICE

x \$5.25

SPRING ROLLS (3)

- plum sauce on the side

x \$3.50

-- 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

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

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 --

[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

Friday December 6th, 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]

CHOCOLATE LONG JOHN 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

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

Monday December 9th, 2019

-- ENTREE --

[hide]

- MEATBALLS IN GRAVY WITH MASHED POTATOES** x \$5.25
- TURKEY SCHNITZEL AND MASHED POTATOES** x \$5.25
- lightly breaded turkey breast
- GRAVY
- BAKED HAM AND CHEESE HASHBROWN CASSEROLE** x \$5.25

-- SALAD 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 cranberries, 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
- 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

Tuesday December 10th, 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

- 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 \$4.25CROUTONS: 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 cranberries, 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**WRAPS**

Wednesday December 11th, 2019

-- ENTREE --

[hide]

BUFFALO CHICKN RANCH WRAP

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

 x \$4.25 LETTUCEWRAP: WHITE WHOLE WHEAT**CLUB WRAP**

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

 x \$4.25 LETTUCEWRAP: WHITE WHOLE WHEAT**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

 x \$4.25WRAP: WHITE WHOLE WHEAT**CHICKEN CAESAR WRAP**

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

 x \$4.25WRAP: WHITE WHOLE WHEAT**DONAIR WRAP**

- cheese, donair meat, lettuce and donair sauce

 x \$4.25WRAP: WHITE WHOLE WHEAT**GREEK CHICKEN WRAP**

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

 x \$4.25WRAP: WHITE WHOLE WHEAT

-- 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 \$4.25CROUTONS: 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**BURGERS**

Thursday December 12th, 2019

-- ENTREE --

[hide]

HAMBURGER x \$3.75BUN: WHOLE WHEAT WHITE**CHEESEBURGER** x \$4.00BUN: WHITE WHOLE WHEAT**BACON CHEESEBURGER** x \$4.25BUN: WHITE WHOLE WHEAT**GRILLED CHICKEN BREAST BURGER** x \$5.25

- grilled chicken breast

BUN: WHITE WHOLE WHEAT GLUTEN FREE LETTUCE TOMATOES

-- 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

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

Friday December 13th, 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 cranberries, 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

-- 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

Monday December 16th, 2019

-- ENTREE --

[hide]

JUMBO ALL BEEF HOT DOG

BUN: WHITE WHOLE WHEAT

x \$3.75

JUMBO CHICKEN HOT DOG

x \$3.75

CHEDDAR CHEESE SMOKIE

BUN: WHITE WHOLE WHEAT

x \$4.25

VEGGIE HOT DOG

BUN: WHITE WHOLE WHEAT GLUTEN FREE

x \$4.00

-- 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

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

SUBS & SOUP

Tuesday December 17th, 2019

-- ENTREE --

[hide]

HAM AND CHEESE SUB

- 6" mayo and mustard on the side

x \$4.00

BUN: WHITE WHOLE WHEAT

LETTUCE

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

-- 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**GRILLED CHEESE**

Wednesday December 18th, 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**

- 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 ORANGE JUICE 300 ML** x \$2.50**PURE APPLE JUICE 300 ML** x \$2.50**PIZZA**

Thursday December 19th, 2019

-- ENTREE --

[hide]

CHEESE PIZZA

- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX

 x \$4.50**PEPPERONI PIZZA** 🍕

- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX

 x \$4.75

HAM AND PINEAPPLE PIZZA	<input type="checkbox"/>	x \$4.75	
- 8" SLICE - PAPA JOHNS - SERVED IN 8" BOX			
VEGGIE PIZZA	<input type="checkbox"/>	x \$4.75	
- 8" SLICE PAPA JOHNS - MUSHROOMS, GREEN PEPPERS AND TOMATOES - SERVED IN 8" BOX			
GLUTEN FREE - CHEESE PIZZA	<input type="checkbox"/>	x \$9.00	
- 8" PAPA JOHNS - SERVED IN 8" BOX			
GLUTEN FREE HAM AND PINEAPPLE PIZZA	<input type="checkbox"/>	x \$9.00	
- 8" PAPA JOHNS - SERVED IN 8" BOX			
GLUTEN FREE PEPPERONI PIZZA	<input type="checkbox"/>	x \$9.00	
- 8" PAPA JOHNS - SERVED IN 8" BOX			
GLUTEN FREE VEGGIE PIZZA	<input type="checkbox"/>	x \$5.50	
- 8" PAPA JOHNS- MUSHROOM, GREEN PEPPER AND TOMATOES - SERVED IN 8" BOX			
DIP - GARLIC	<input type="checkbox"/>	x \$1.00	
DIP - RANCH	<input type="checkbox"/>	x \$1.00	
DIP - BUFFALO	<input type="checkbox"/>	x \$1.00	
DIP - CHEEZY CHEDDAR	<input type="checkbox"/>	x \$1.00	
DIP - PIZZA SUACE	<input type="checkbox"/>	x \$1.00	
DIP - BBQ	<input type="checkbox"/>	x \$1.00	
-- SIDES --			[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			
-- BEVERAGE --			[hide]
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	

CHICKEN FINGERS

-- ENTREE --

Friday December 20th, 2019

CHICKEN FINGERS (2) AND ROASTED POTATOES	<input type="checkbox"/>	x \$5.25	[hide]
- sauce on the side			
3 CHICKEN FINGERS (no potatoes)	<input type="checkbox"/>	x \$5.25	
- sauces on the side			
-- SALADS AND SIDES --			[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			
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	<input type="checkbox"/>	x \$2.50	
- ranch dressing on the side			
-- DESSERT --			[hide]
CHRISTMAS THEMED CHOCOLATE PUDDING	<input type="checkbox"/>	x \$2.00	

-- 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

TACOS and FAJITAS

Monday January 6th, 2020

-- ENTREE --

[hide]

- CHICKEN TACO** x \$4.25
- soft taco with mildly seasoned chicken and shredded cheese
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- BEEF TACO** x \$4.25
- soft taco with mildly seasoned beef and shredded cheese
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- VEGETARIAN TACO** x \$4.25
- soft taco with mildly seasoned veggie ground and shredded cheese
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- BEEF FAJITA** x \$4.50
- soft taco with mildly seasoned beef, shredded cheese and sauted onions and sweet peppers
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- CHICKEN FAJITA** x \$4.50
- soft taco with mildly seasoned chicken, shredded cheese and sauted onions and sweet peppers
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- VEGETARIAN FAJITA** x \$4.50
- soft taco with mildly seasoned veggie ground, shredded cheese and sauted onions and sweet peppers
 LETTUCE
WRAP: WHITE WHOLE WHEAT
- SIDE OF SOUR CREAM** x \$0.75
- SIDE OF SALSA** x \$0.75
- SALAD AND SIDES --
- 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
- 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
- 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
- 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
- GREEK SALAD - ENTREE SIZE** x \$4.25
- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing 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 --
- BOTTLED WATER 500 ML** x \$1.25

[hide]

- 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 January 7th, 2020

-- 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)** x \$3.75
- 6" mayo and mustard on the side
BUN: WHITE WHOLE WHEAT
 LETTUCE
- ROAST BEEF AND CHEESE SUB** x \$4.00
- 6" mayo and mustard on the side
BUN: WHITE WHOLE WHEAT
 LETTUCE
- SIDE OF FRESH TOMATO SLICES** x \$1.00
- SIDE OF CUCUMBER SLICES** x \$1.00
- MEATBALL SUB** x \$4.25
- 6" sub with meatballs in tomato sauce and mozza cheese
BUN: WHITE BROWN

-- SALADS AND SIDES --

[hide]

- CHICKEN NOODLE SOUP** x \$3.50
- LOADED BAKED POTATO SOUP** x \$3.50
- crackers on the side
- 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

WRAPS

-- 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

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

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

CHICKEN BURGERS

-- ENTREE --

[hide]

CHICKEN BURGER

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT

x \$3.75

CHICKEN BURGER with cheese

- lightly breaded chicken breast

x \$4.00

BUN: WHITE WHOLE WHEAT

CHICKEN BURGER with cheese and bacon

- lightly breaded chicken breast

x \$4.25

BUN: WHITE WHOLE WHEAT

GRILLED CHICKEN BREAST BURGER

- grilled chicken breast

x \$5.25

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

- 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

CHICKEN ALFREDO & CHICKEN PARMESAN

Friday January 10th, 2020

-- ENTREE --

[hide]

CHICKEN ALFREDO

x \$5.25

CHICKEN PARMESAN WITH PASTA AND TOMATO SAUCE

x \$5.25

-- SALADS AND SIDES --

[hide]

GARLIC TOAST

x \$1.75

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

TOSSED SALAD

- ranch dressing on the side

x \$2.50

CAESAR SALAD

- with parmesan cheese and croutons dressing on the side

x \$2.50

-- DESSERT --

[hide]

BROOKIE

- brownie on the bottom and choc. chip cookie on the top

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

Order Total:

Place Order & Proceed

Cancel Changes

