

CYCLE FIVE JAN 2020 Orders

**CYCLE FIVE JAN 2020 - Orders will be accepted between
 Friday January 3rd, 2020 & Wednesday January 8th, 2020.**

On-Line Order
 CYCLE FIVE JAN 2020

Shannon Chalifoux

GRILLED CHEESE

Monday January 13th, 2020

-- ENTREE --

[hide]

GRILLED CHEESE

x \$3.75

- texas bread

BREAD: WHITE WHOLE WHEAT

GRILLED CHEESE AND HAM

x \$4.00

- texas bread

BREAD: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

TOMATO SOUP

x \$3.50

- crackers on the side

CHICKEN NOODLE SOUP

x \$3.50

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 ORANGE JUICE 300 ML

x \$2.50

PURE APPLE JUICE 300 ML

x \$2.50

SUBS & SOUP

Tuesday January 14th, 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 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

-- 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/CHICKEN AND WAFFLE

Wednesday January 15th, 2020

-- ENTREE --

[hide]

BBQ CHICKEN CALZONE x \$5.25

PEPPERONI AND SAUSAGE CALZONE	<input type="checkbox"/> x \$5.25
BAKED POTATO	<input type="checkbox"/> x \$3.25
ON THE SIDE: <input type="checkbox"/> BUTTER <input type="checkbox"/> BACON <input type="checkbox"/> SOUR CREAM	
BAKED POTATO WITH CHILI AND CHEESE	<input type="checkbox"/> x \$3.50
CHICKEN & WAFFLE	<input type="checkbox"/> x \$5.25
- belguim waffle with crunch chicken bites syrup on the side	
-- SALADS AND SIDES --	
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	
-- 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]

[hide]

BURGERS

Thursday January 16th, 2020

-- ENTREE --

[hide]

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	

-- 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

- 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 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**TORTELLINI**

-- ENTREE --

Friday January 17th, 2020

TORTELLINI

- four cheese

 x \$5.25SAUCE: CREAM TOMATO BUTTER AND PARMESAN CHEESE

-- 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**GARLIC TOAST** x \$1.75**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 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

-- DESSERT --

[hide]

OREO DONUT x \$2.00

-- BEVERAGES --

[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 ORANGE JUICE 300 ML	<input type="checkbox"/> x \$2.50
PURE APPLE JUICE 300 ML	<input type="checkbox"/> x \$2.50

WRAPS

Monday January 20th, 2020

-- ENTREE --

[hide]

BUFFALO CHICKN RANCH WRAP	<input type="checkbox"/> x \$4.25
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- buffalo (mild) chicken, cheddar cheese, bacon and ranch

LETTUCE

WRAP: WHITE WHOLE WHEAT

CLUB WRAP	<input type="checkbox"/> x \$4.25
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- crispy chicken, cheddar cheese, bacon mayo and mustard on the side

LETTUCE

WRAP: WHITE WHOLE WHEAT

SIDE OF CUCUMBER SLICES	<input type="checkbox"/> x \$1.00
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SIDE OF FRESH TOMATO SLICES	<input type="checkbox"/> x \$1.00
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TERIYAKI CHICKEN WRAP	<input type="checkbox"/> x \$4.25
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- teriyaki chicken, romaine lettuce, shredded carrots, shredded cucumbers, rice and teriyaki sauce

WRAP: WHITE WHOLE WHEAT

CHICKEN CAESAR WRAP	<input type="checkbox"/> x \$4.25
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- romaine lettuce, caesar dressing, parmesan cheese, bacon bits and chicken

WRAP: WHITE WHOLE WHEAT

DONAIR WRAP	<input type="checkbox"/> x \$4.25
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- cheese, donair meat, lettuce and donair sauce

WRAP: WHITE WHOLE WHEAT

GREEK CHICKEN WRAP	<input type="checkbox"/> x \$4.25
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- seasoned chicken, romaine lettuce, tomatoes, cucumbers, feta cheese and tzatziki sauce

WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP	<input type="checkbox"/> x \$3.50
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VEGGIES AND DIP	<input type="checkbox"/> x \$2.00
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- carrots, celery and snap peas with ranch dip

FRESH FRUIT CUP	<input type="checkbox"/> x \$3.25
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- 8 oz - Fresh assorted fruit in bite size pieces no sugar added

CHICKEN CAESAR SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
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- 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
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- lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side

CROUTONS: CROUTONS

APPLE CHICKEN SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
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- romaine lettuce, apples, cucumbers, dried cranberries, feta cheese, bacon bits and roasted chicken dressing on the side

GREEK SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.25
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- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side

BEEF TACO SALAD - ENTREE SIZE	<input type="checkbox"/> x \$4.50
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- 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
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- 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
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- lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream

TOSSED SALAD	<input type="checkbox"/> x \$2.50
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- ranch dressing on the side

CAESAR SALAD	<input type="checkbox"/> x \$2.50
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- with parmesan cheese and croutons dressing on the side

-- BEVERAGE --

[hide]

BOTTLED WATER 500 ML	<input type="checkbox"/> x \$1.25
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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

HOT DOGS AND SMOKIES

Tuesday January 21st, 2020

-- ENTREE --

[hide]

JUMBO ALL BEEF HOT DOG	<input type="checkbox"/>	x \$3.75
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT		
JUMBO CHICKEN HOT DOG	<input type="checkbox"/>	x \$3.75
CHEDDAR CHEESE SMOKIE	<input type="checkbox"/>	x \$4.25
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT		
VEGGIE HOT DOG	<input type="checkbox"/>	x \$4.00
BUN: <input type="checkbox"/> WHITE <input type="checkbox"/> WHOLE WHEAT <input type="checkbox"/> GLUTEN FREE		

-- 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 cranberries, 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		

-- 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

PANCAKES/FRENCH TOAST/BREAKFAST WRAPS

Wednesday January 22nd, 2020

-- ENTREE --

[hide]

PANCAKES (3)	<input type="checkbox"/>	x \$3.75
- syrup and butter on the side		
PANCAKES (2), BACON AND SCRAMBLED EGG	<input type="checkbox"/>	x \$5.25
- syrup and butter on the side		
CINNAMON FRENCH TOAST, BACON AND SCRAMBLED EGG	<input type="checkbox"/>	x \$5.25
- syrup on the side		
BREAKFAST WRAP	<input type="checkbox"/>	x \$4.00
- scrambled eggs, shredded cheese and turkey bacon		

WRAP: WHITE WHOLE WHEAT

-- 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

HASHBROWNS

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

PEROGIES

Thursday January 23rd, 2020

-- 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

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

CHICKEN FINGERS

Friday January 24th, 2020

-- ENTREE --

[hide]

CHICKEN FINGERS (2) AND ROASTED POTATOES

x \$5.25

- sauce on the side

3 CHICKEN FINGERS (no potatoes)

x \$5.25

- sauces on the side

-- 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

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 27th, 2020

-- ENTREE --

[hide]

CHICKEN TACO

- soft taco with mildly seasoned chicken and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

BEEF TACO

- soft taco with mildly seasoned beef and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

VEGETARIAN TACO

- soft taco with mildly seasoned veggie ground and shredded cheese

LETTUCE

WRAP: WHITE WHOLE WHEAT

x \$4.25

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

BREAKFAST SANDWICHES

Tuesday January 28th, 2020

-- 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 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

-- 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

Wednesday January 29th, 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

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

TOSSED SALAD

x \$2.50

- ranch dressing on the side

CAESAR SALAD

x \$2.50

- with parmesan cheese and croutons dressing on the side

-- DESSERT --

[hide]

ICE CREAM SUNDAE

x \$2.00

TOPPING: STRAWBERRY CHOCOLATE

-- 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

Thursday January 30th, 2020

-- 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

- 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

-- 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

