

CYCLE SIX FEB 2020 Orders

**CYCLE SIX FEB 2020 - Orders will be accepted between
 Tuesday January 21st, 2020 & Wednesday January 29th, 2020.**

On-Line Order
 CYCLE SIX FEB 2020

Shannon Chalifoux

**MEATBALLS AND MASHED POTATOES/TURKEY AND MASHED POTATOES/BAKED HAM
 AND HASHBROWN CASSOROLE**

Monday February 3rd, 2020

-- 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

-- 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 February 4th, 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

- 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 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

TORTELLINI

-- ENTREE --

Wednesday February 5th, 2020

[hide]

TORTELLINI

- four cheese

x \$5.25

SAUCE: 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 \$4.25

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]

OREO COOKIE BANANA SPLIT PUDDING

- chocolate pudding, bananas, whip cream and oreo crumbs

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

BREAKFAST SANDWICHES & WAFFLE & BREAKFAST WRAP

Monday February 10th, 2020

-- ENTREE --

[hide]

EGG, CHEESE AND BACON BUN

BUN: WHITE WHOLE WHEAT

x \$4.00

EGG, CHEESE AND SAUSAGE BUN

BUN: WHITE WHOLE WHEAT

x \$4.00

EGG AND CHEESE BUN

BUN: WHITE WHOLE WHEAT

x \$3.75

BREAKFAST WRAP

- scrambled eggs, shredded cheese and turkey bacon

WRAP: WHITE WHOLE WHEAT

x \$4.00

TEX MEX BREAKFAST WRAP

- scrambled eggs, shredded cheese, turkey bacon and salsa

WRAP: WHITE WHOLE WHEAT

x \$4.00

BELGIAN WAFFLE, BACON AND SCRAMBLED EGG

- syrup and butter on the side

x \$5.25

-- SALADS AND SIDES --

[hide]

HASHBROWNS

x \$2.00

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 | <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]

HOT DOGS AND SMOKIES

Tuesday February 11th, 2020

-- ENTREE --

| | |
|--|-----------------------------------|
| 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 | |

[hide]

-- 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 | |

[hide]

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

BURGERS

Wednesday February 12th, 2020

-- ENTREE --

[hide]

HAMBURGER x \$3.75

BUN: WHOLE WHEAT WHITE

CHEESEBURGER x \$4.00

BUN: WHITE WHOLE WHEAT

BACON CHEESEBURGER x \$4.25

BUN: 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 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 FINGERS

Thursday February 13th, 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 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

-- DESSERT --

[hide]

VALENTINES RED VELVET CAKE

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

SUBS & SOUP

Tuesday February 18th, 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

TACOS and FAJITAS

Wednesday February 19th, 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

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

 LETTUCEWRAP: 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

DELUXE GARDEN SALAD - ENTREE SIZE

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

CROUTONS: CROUTONS**APPLE CHICKEN SALAD - ENTREE SIZE**

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

GREEK SALAD - ENTREE SIZE

- romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing 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

-- BEVERAGE --

BOTTLED WATER 500 ML**CHOCOLATE MILK****WHITE MILK****PURE APPLE JUICE 300 ML****PURE ORANGE JUICE 300 ML** x \$4.50 x \$0.75 x \$0.75 x \$3.25 x \$2.00 x \$4.25 x \$4.50 x \$4.25 x \$4.50 x \$4.25 x \$4.50 x \$4.50 x \$4.50 x \$2.50 x \$2.50 x \$1.25 x \$2.50 x \$2.50 x \$2.50 x \$2.50**CHICKEN BURGERS**

-- ENTREE --

CHICKEN BURGER

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT**CHICKEN BURGER with cheese**

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT**CHICKEN BURGER with cheese and bacon**

- lightly breaded chicken breast

BUN: WHITE WHOLE WHEAT**GRILLED CHICKEN BREAST BURGER**

- grilled chicken breast

BUN: WHITE WHOLE WHEAT GLUTEN FREE LETTUCE TOMATOES

-- SALAD AND SIDES --

HOMEMADE POTATO CHIPS x \$3.75 x \$4.00 x \$4.25 x \$5.25 x \$2.75

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Thursday February 20th, 2020

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[hide]

| | |
|--|-----------------------------------|
| SIDE OF RANCH DIP | <input type="checkbox"/> x \$0.75 |
| FRESH FRUIT CUP - 8 oz - Fresh assorted fruit in bite size pieces no sugar added | <input type="checkbox"/> x \$3.25 |
| VEGGIES AND DIP - carrots, celery and snap peas with ranch dip | <input type="checkbox"/> 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 | <input type="checkbox"/> x \$4.50 |
| DELUXE GARDEN SALAD - ENTREE SIZE - lettuce, shredded carrots, shredded cheddar cheese, cucumbers, baby tomatoes Choice of dressing on the side CROUTONS: <input type="checkbox"/> CROUTONS | <input type="checkbox"/> x \$4.25 |
| GREEK SALAD - ENTREE SIZE - romaine lettuce, baby tomatoes, cucumbers, feta cheese Greek Dressing dressing on the side | <input type="checkbox"/> 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 | <input type="checkbox"/> x \$4.50 |
| BEEF TACO SALAD - ENTREE SIZE - lettuce, whole grain chips, seasoned ground beef, cheese - choice of salas and sour cream | <input type="checkbox"/> x \$4.50 |
| CHICKEN TACO SALAD - ENTREE SIZE - lettuce, whole grain chips, seasoned chicken, cheese - choice of salas and sour cream or ranch dressing | <input type="checkbox"/> x \$4.50 |
| VEGETARIAN TACO SALAD - ENTREE SIZE - lettuce, whole grain chips, seasoned veggie ground, cheese - choice of salsa and sour cream | <input type="checkbox"/> x \$4.50 |
| CAESAR SALAD - with parmesan cheese and croutons dressing on the side | <input type="checkbox"/> x \$2.50 |
| TOSSED SALAD - ranch dressing on the side | <input type="checkbox"/> x \$2.50 |
| -- 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]

PEROGIES

-- ENTREE --

| | |
|--|-----------------------------------|
| PEROGIES (6) - cheddar cheese and potato | <input type="checkbox"/> x \$5.25 |
| PEROGIES (6) and SAUSAGE - cheddar cheese and potato perogies and ham garlic sausage | <input type="checkbox"/> x \$6.50 |
| SIDE OF SOUR CREAM | <input type="checkbox"/> x \$0.75 |
| SIDE OF REAL BACON BITS | <input type="checkbox"/> x \$1.00 |

[hide]

-- SALADS AND SIDES --

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

Friday February 21st, 2020

[hide]

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

CHICKEN ALFREDO & MAC AND CHEESE & LAZY LASAGNA

Monday February 24th, 2020

-- ENTREE --

[hide]

CHICKEN ALFREDO

x \$5.25

MAC AND CHEESE

x \$5.25

LAZY LASAGNA

x \$5.25

- with tomato meatsauce and lot of cheese

-- 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 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

PIZZA

Tuesday February 25th, 2020

-- 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**

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

 x \$4.75**VEGGIE PIZZA**

- 8" SLICE PAPA JOHNS - MUSHROOMS, GREEN PEPPERS AND TOMATOES - SERVED IN 8" BOX

 x \$4.75**GLUTEN FREE - CHEESE PIZZA**

- 8" PAPA JOHNS - SERVED IN 8" BOX

 x \$9.00**GLUTEN FREE HAM AND PINEAPPLE PIZZA**

- 8" PAPA JOHNS - SERVED IN 8" BOX

 x \$9.00**GLUTEN FREE PEPPERONI PIZZA**

- 8" PAPA JOHNS - SERVED IN 8" BOX

 x \$9.00**GLUTEN FREE VEGGIE PIZZA**

- 8" PAPA JOHNS- MUSHROOM, GREEN PEPPER AND TOMATOES - SERVED IN 8" BOX

 x \$5.50**DIP - GARLIC** x \$1.00**DIP - RANCH** x \$1.00**DIP - BUFFALO** x \$1.00**DIP - CHEEZY CHEDDAR** x \$1.00**DIP - PIZZA SUACE** x \$1.00**DIP - BBQ** x \$1.00

-- 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

-- 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 February 26th, 2020

-- 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 \$4.25

WRAP: WHITE WHOLE WHEAT

-- SALADS AND SIDES --

[hide]

CHICKEN NOODLE SOUP x \$3.50

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

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

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

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

CHICKEN BALLS & TERIYAKI & GINGER BEEF

Thursday February 27th, 2020

-- ENTREE --

[hide]

CHICKEN BALLS (5) AND FRIED RICE x \$5.25

SWEET AND SOUR SAUCE

TERIYAKI CHICKEN WITH STEAMED RICE x \$5.25

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

TERIYAKI SHRIMP WITH STEAMED RICE x \$5.25

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

GINGER BEEF WITH FRIED RICE x \$5.25

SPRING ROLLS (3) x \$3.50

- plum sauce on the side

-- 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

- 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

-- 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 February 28th, 2020

-- ENTREE --

[hide]

GRILLED CHEESE

- texas bread

 x \$3.75BREAD: WHITE WHOLE WHEAT**GRILLED CHEESE AND HAM**

- texas bread

 x \$4.00BREAD: 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 \$4.25CROUTONS: 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

-- 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

Order Total:

Place Order & Proceed

Cancel Changes

