



Watch for Wellness and You! Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Wellness entrées and salad recipes
were developed by our regional
and national chefs and dietitians.

Better By Design
means healthier cuisine...

We now have two
different kinds of
soup at the deli bar.

General Manager
Jody Nelson x141
or 116



2009 menu

Week of Monday November 30

Monday

Entree:	Meatball Sub	\$3.25
	Corndog with Tator Tots	\$3.50
	Cheeseburger on Bun	\$1.75
	Baked Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50
	Sausage Pizza	\$2.50

Tuesday

Entree:	Chicken Tenders, Mashed Potatoes and Corn	\$4.75
	Chicken Tenders and Tator tots	\$4.75
	Hamburger on Bun	\$1.65
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50
	Baked Chicken Sandwich	\$2.50
	Sausage Pizza	\$2.50

Wednesday

Entree:	Penne Pasta Bar	\$4.00
	Marinara Sauce	\$
	Meat Sauce	\$
	Alfredo Sauce	\$
	Mozzarella Sticks	\$3.25
	Cheeseburger on Bun	\$1.75
	Fried Chicken Breast Sandwich	\$2.25
	Baked Chicken Sandwich	\$2.50

Thursday

Entree:	Individual Cheese Pizza	\$5.00
	Individual Pepperoni Pizza	\$5.00
	Wings & Things Bar	\$4.50
	Cheeseburger on Bun	\$1.75
	Hamburger on Bun	\$1.65
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50

Friday

Entree:	Taco Bar	\$2.75
	Spanish Rice	\$1.25
	Refried Beans	\$.75
	Chicken Quesadilla	\$3.25
	Cheeseburger on Bun	\$1.75
	Baked Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25
	Pepperoni Pizza	\$2.50