



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...

*This week is
international week.
We will have
different foods
each day.*

*General Manager
Jody Nelson
x1141 or 1116*



2010 menu

Week of Monday April 12

Monday, Latino

Entree:	Taco Beef Soft Tacos	\$4.50
	Spanish Rice	\$
	Refried Beans	\$
	Hamburger on Bun	\$1.65
	Cheeseburger on Bun	\$1.75
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50

Tuesday, French

Entree:	Chicken Kiev	\$3.25
	Chicken Tenders, Mashed Potatoes and Corn	\$4.75
	Chicken Tenders and French Fries	\$4.50
	Hamburger on Bun	\$1.65
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50
	Baked Chicken Sandwich	\$2.50

Wednesday, Italian

Entree:	Penne Pasta Bar	\$4.00
	Meat Sauce	\$
	Marinara Sauce	\$
	Alfredo Sauce	\$
	Mozzarella Sticks	\$3.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50
	Hamburger on Bun	\$1.65

Thursday

Friday, American

Entree:	Quarter Pounder with Cheese	\$2.75
	American Sub With fries	\$4.50
	Cheese Pizza	\$2.25
	Hamburger on Bun	\$1.65
	Fried Chicken Breast Sandwich	\$2.25
	Baked Chicken Breast	\$2.50
	Pepperoni Pizza	\$2.50
	Cheeseburger on Bun	\$1.75