



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 are having
Beakfast for lunch
March 5th.

General Manager
Jody Nelson x1141
or 1116



2010 menu

Week of Monday March 1

Monday

Entree:	Meatball Sub	\$3.25
	Chicken Fingers	\$3.25
	Hamburger on Bun	\$1.65
	Cheeseburger on Bun	\$1.75
	Baked Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$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
	Meat Sauce	\$
	Marinara Sauce	\$
	Alfredo Sauce	\$
	Mozzarella Sticks	\$3.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50
	Hamburger on Bun	\$1.65

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:	Scrambled Eggs & Pancakes	\$3.25
	French Toast Sticks	\$1.75
	Hash Brown Patties	\$1.50
	Tuna Melt	\$2.75
	Fish Sandwich	\$2.50