



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...

If you have any  
questions or  
concerns please feel  
free to call me.

General Manager  
Jody Nelson X1141  
or 1116



## 2010 menu

Week of Monday March 8

### Monday

Entree:	Taco Beef Soft Tacos	\$4.50
	Refried Beans	\$
	Spanish Rice (Vegan)	\$
	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

### Tuesday

Entree:	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
	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:	Tuna Melt	\$2.75
	Fish Sandwich	\$2.50
	Popcorn Shrimp	\$3.25
	Onion Rings	\$1.50
	Fish Basket	\$4.50
	Cheese Pizza	\$2.25