



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...*

**Just a reminder
there is no meat on
Fridays during lent.
Have a nice long
weekend.**

**General Manager
Jody Nelson
x1141 or 1116**



2010 menu

Week of Monday February 22

Monday

Entree:	Italian Sub	\$3.25
	Gyros	\$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