



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...

On Friday the 29th try
Lupes Homemade
Soup.

General Manager
Jody Nelson
X1116 or 1141



2009 menu

Week of Monday January 25

Monday

Entree:	BBQ Grilled Chicken Breast Sandwich	\$3.00
	Quarter Pounder with Cheese and Curly Fries	\$4.25
	Cheeseburger on Bun	\$1.75
	Hamburger on Bun	\$1.65
	Fried Chicken Breast Sandwich	\$2.25
	Baked Chicken Sandwich	\$2.50
	Cheese Pizza	\$2.25
	Pepperoni 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:	Soup in a Bread Bowl	\$4.50
	Hamburger on Bun	\$1.65
	Cheeseburger on Bun	\$1.75
	Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Sausage Pizza	\$2.50
	Pepperoni Pizza	\$2.50