

Monday, January 22

MOM'S SOUP BOWL:

- Chicken Noodle 3.00
- Texas Chili 3.40

HEALTHY HABITS:

- Sweet & Sour Grilled Chicken over Rice 6.25

CHEF'S MARKET:

- Pork Fritter w/ 1 Side 6.25

GRILL:

- Guacamole Turkey Burger 5.95

SIDES:

- Mashed Potatoes 1.50
- Mixed Veggies 1.45

DAILY SPECIAL:

- Tuna Melt, Chips, & 20 oz. Fountain Drink 6.25

Tuesday, January 23

MOM'S SOUP BOWL:

- Chicken & Dumplings 3.00
- Texas Chili 3.40

HEALTHY HABITS:

- Southwest Chicken & Rice Stuffed Bell Pepper 5.20

CHEF'S MARKET:

- Cannelloni 5.20

SIDES:

- Wild Rice 1.50
- Mixed Vegetables 1.45

DAILY SPECIAL:

- Crispy Shrimp, Fries, & 20oz Fountain Drink 6.25

Wednesday, January 24

MOM'S SOUP BOWL:

- Loaded Baked Potato 3.00
- Texas Chili 3.40

MADE TO ORDER:

- Syberg's Crispy Chicken Tender Salad 6.30

HEALTHY HABITS:

- Lean Roast Beef with 1 Side 6.25

GRILL:

- Fried Cod Sandwich with Cheese 5.75

SIDES:

- Rice 1.50
- Asian Blend Veggies 1.45

DAILY SPECIAL:

- Turkey Burger, Homemade Chips, and 20oz. Fountain Drink 6.25

Thursday, January 25

MOM'S SOUP BOWL:

- Tomato Soup 3.00
- Texas Chili 3.40

MADE TO ORDER:

- Loaded Nachos 6.30

HEALTHY HABITS:

- Mediterranean Marinated Chicken Breast with Tomatoes 5.20

GRILL:

- Polish Sausage w/ Peppers and Onions on a Bun 4.50

SIDES:

- Fresh Vegetable 1.45
- Lemon Parmesan Orzo 1.50

DAILY SPECIAL:

- Grilled Cheese, Chips, and 20oz. Fountain Drink 5.75

Friday, January 26

MOM'S SOUP BOWL:

- Minestrone 3.00
- Texas Chili 3.40

HEALTHY HABITS:

- Teriyaki Salmon over Cauliflower Rice 6.25

CHEF'S MARKET:

- Grilled Pork Chop 5.20

DELI SPECIAL:

- Build Your Own Two Topping Personal Pizza 5.95

SIDES:

- Fresh Mixed Vegetables 1.45
- Cheddar Mashed Potatoes 1.50

DAILY SPECIAL:

- Grilled Chicken Sandwich and 20oz. Fountain Drink 6.25



SERVED DAILY:

- Grilled Chicken Breast
- Turkey Burger
- Veggie Burger
- Vegetable Plate (3 choices)

GREEN Choose MORE often

YELLOW Choose in MODERATION

RED Choose LESS often