

## Monday, March 5

### MOM'S SOUP BOWL:

- Minestrone 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:

- Tuna Melt 5.95

### SIDES:

- Rice 1.50
- Mixed Veggies 1.45

### DAILY SPECIAL:

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

## Tuesday, March 6

### 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:

- Green Beans 1.50
- Mixed Vegetables 1.45

### DAILY SPECIAL:

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

## Wednesday, March 7

### 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:

- Mashed Potatoes 1.50
- Corn & Peppers 1.45

### DAILY SPECIAL:

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

## Thursday, March 8

### MOM'S SOUP BOWL:

- Tomato Soup 3.00
- Texas Chili 3.40

### MADE TO ORDER:

- Chicken Fajitas 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
- Spanish Rice 1.50

### DAILY SPECIAL:

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

## Friday, March 9

### MOM'S SOUP BOWL:

- Chicken Noodle 3.00
- Texas Chili 3.40

### HEALTHY HABITS:

- Baked Cod Cauliflower Rice 6.25

### CHEF'S MARKET:

- Fried Cod 5.20

### DELI SPECIAL:

- Build Your Own Two Topping Personal Pizza 5.95

### SIDES:

- Fresh Mixed Vegetables 1.45
- Mac and Cheese 1.50

### DAILY SPECIAL:

- Fried Cod 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