Monday

MOM'S SOUP BOWL:
Chicken Rice — 3.00 🟡
HEALTHY HABITS
Baked Chicken Parmesan — 5.20 🟢
with Buttered Noodles — 6.25
CHEF'S MARKET:
Summer Berry Salad
With Spinach, Feta
& Poppyseed Dressing — 6.30 🟢
GRILL:
Southwest Turkey Burger
with Guacamole — 5.25 🟡
SIDES:
Buttered Noodles — 1.50 🟡
Mixed Vegetables — 1.45 🟢
DAILY SPECIAL:
Southwest Turkey Burger
with Guacamole,
French Fries,
20 oz Fountain Drink — 6.75 🔴

Tuesday

MOM'S SOUP BOWL:
Texas Chili — 3.40 🔴
HEALTHY HABITS:
Sicilian Pork Loin
over Rice Pilaf — 6.25 🟢
CHEF'S MARKET:
Caprese Chicken
with Pesto — 5.20 🔴
GRILL:
Chili Cheeseburger — 5.25 🔴
SIDES:
Rice Pilaf — 1.50 🟡
Carrots — 1.45 🟢
DAILY SPECIAL:
Chili Cheeseburger,
Homemade Chips,
& 20 oz Fountain Drink — 6.95 🔴

Wednesday

MOM'S SOUP BOWL:
Broccoli Cheddar — 3.00 🔴
CHEF'S MARKET:
Manicotti — 5.20 🔴
HEALTHY HABIT:
Teriyaki Salmon
over Cauliflower Rice — 6.75 🟢
GRILL:
Grilled Chicken Sandwich — 4.95 🟡
SIDES:
Roasted Sweet Potatoes — 1.50 🟢
Green Beans — 1.45 🟢
DAILY SPECIAL:
Grilled Chicken Sandwich,
Homemade Chips,
& 20oz Fountain Drink — 6.50 🔴

Thursday

MOM'S SOUP BOWL:
Texas Chili — 3.40 🔴
HEALTHY HABIT:
Roasted Chicken — 5.20 🟢
GRILL:
Chili Dog — 5.00 🔴
CHEF'S MARKET:
Beef Macho Nachos — 6.30 🔴
SIDES:
Baked Potato — 1.50 🟡
Broccoli — 1.45 🟢
DAILY SPECIAL:
Chili Dog,
Homemade Chips,
20 oz. Fountain Drink — 6.50 🟡

Friday

MOM'S SOUP BOWL:
Garden Vegetable — 3.00 🟡
HEALTHY HABITS:
Pasta Primavera — 5.20 🟢
CHEF'S MARKET:
Chicken &Vegetable
Kabob — 6.25 🟢
DELI SPECIAL:
Build Your Own Two
Topping Personal Pizza — 5.95 ⚫
SIDES:
Roasted Mixed Vegetables — 1.45 🟢
Rice Pilaf — 1.50 🟡
DAILY SPECIAL:
Shrimp Po Boy,
Homemade Chips,
& 20 oz. 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