# weekly menu

1.50

6.99

1.45



## June 4-June 8

#### **Monday**

MOM'S SOUP BOWL:

Chicken Noodle

3.10/3.95

Texas Chili

3.50/4.30

**HEALTHY HABITS:** 

Crustless Vegetable

**Quiche** 4.59 with One Side Item 5.59

CHEF'S MARKET:

**Ground Turkey** 

5.49 Stuffed Bell Peppers

with One Side 6.49

SIDES:

Green Beans 1.40

Mixed Vegetables 1.30

Fruit Salad

DAILY SPECIAL:

Spicy Chicken Sandwich,

French Fries.

### Tuesday

MOM'S SOUP BOWL:

Chicken Tortellini

3.10/3.95

Texas Chili

3.50/4.30

**HEALTHY HABITS:** 

4.59 Honey Mustard Chicken

6.79 with Two Sides

CHEF'S MARKET:

Summer Salad

with Grilled Chicken

& Fresh Fruit 6.29

SIDES:

**Oven Roasted Potatoes** 1.50

Peas

1.40 Mixed Vegetables 1.45

**DAILY SPECIAL:** 

Fried Shrimp.

French Fries.

& 20 oz Fountain Drink 6.79

#### Wednesday

MOM'S SOUP BOWL:

Chicken & Dumpling

3.10/3.95 •

Texas Chili

3.50/4.30

CHEF'S MARKET:

Loaded Beef Nachos 6.99

**HEALTHY HABITS:** 

4.79 Salsa Chicken Breast

with Two Sides 6.79

GRILL:

California Chicken Pita

with Pepper, Onions

& Mushrooms 4.79

SIDES:

1.50 Spanish Rice

**Refried Beans** 1.40

**DAILY SPECIAL:** 

California Chicken Pita,

Homemade Chips,

& 20 oz. Fountain Drink

6.79

### **Thursday**

MOM'S SOUP BOWL:

Broccoli Cheddar

3.10/3.95

Texas Chili

3.50/4.30

**HEALTHY HABITS:** 

6.29 Hawaiian Spring Salad

CHEF'S MARKET:

Fried Chicken 4.79

with Two Sides GRILL:

**Grilled Bratwurst** 

& Sauerkraut, Fries

& 20 oz Fountain Drink 6.49

SIDES:

Corn 1.50 •

1.45 **Steamed Vegetables** 

Mashed Potatoes **DAILY SPECIAL:** 

**Grilled Bratwurst** 

& Sauerkraut, Fries

& 20 oz Fountain Drink 6.49

#### **Friday**

MOM'S SOUP BOWL:

Chicken Tortilla

3.10/3.95 •

Texas Chili

3.50/4.30

**HEALTHY HABITS:** 

Cajun Baked Fish

4.99 with Black Bean Salsa

6.99

6.99

with Two Sides

CHEF'S MARKET:

Fried Fish 4.99

with Two Side

SIDES: 1.50 Potato Salad

**Baked Beans** 1.40

1.40 Refried Beans

**DAILY SPECIAL:** 

Chicken Quesadilla, Fries,

& 20 oz. Fountain Drink 6.79



#### 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