Jo Landon Manager
exdphillips66@gmail.com
Hours: 6:00 am - 8:30 am
10:30 am - 12:30 pm
making better nutritional choices:

Green Choose MORE often Yellow choose in Moderation Red choose LESS often

## Monday

## CHEF'S MARKET:

Lasagna with Breadstick
With 1 side
\$6.99
\$7.99

HEALTHY HABIT:
Herb Chicken Breast over
Steamed Rice
\$6.99
With 1 Side
\$7.99

SIDES:
Steamed Rice
\$1.75
Green Beans
Vegetable Medley
\$1.75
\$1.75

## GRILL SPECIAL:

Toasted Ravioli
with Marinara

| Thursday |
| :--- |
| CHEF'S MARKET: <br> Country Fried Steak <br> with 2 sides <br> HEALTHY HABIT: <br> Baked Chicken <br> With 2 Side <br> SIDES: <br> Mashed Potatoes <br> Corn <br> Vegetable Medley <br> GRILL SPECIAL: <br> Grilled Reuben on Rye |

## Tuesday

## CHEF'S MARKET:

Grilled Jerk Chicken
\$5.99
With 2 sides
HEALTHY HABIT:
Roast Pork Loin \$5.99
With 2 Sides
SIDES:
Oven Roasted Potatoes
\$1.75
Mixed Vegetables $\quad \$ 1.75$
Spaghetti Squash
GRILL SPECIAL:
Buffalo Chicken Chunks

## Wednesday

## CHEF'S MARKET

Loaded Beef Nachos
HEALTHY HABIT:
Salsa Chicken
With 2 Sides
\$7.99
SIDES:
Mexican Rice
Refried Beans
Vegetable Medley
\$1.75

GRILL SPECIAL:
Bacon Cheese Burger

## Friday

CHEF'S MARKET:

| Fried Fish | $\$ 5.99$ |
| :--- | ---: |
| With 2 Sides | $\$ 7.99$ |
| HEALTHY HABIT: |  |
| Herb Baked Fish | $\$ 5.99$ |
| With 2 Sides | $\$ 7.99$ |
| SIDES: |  |
| Buttered Boiled Potatoes | $\$ 1.75$ |
| Baked Beans | $\$ 1.75$ |
| Steamed Vegetables | $\$ 1.75$ |
|  |  |
| GRILL SPECIAL: | $\$ 5.99$ |
| Pork Fritter Sandwich |  |

## Served Daily

Grilled Chicken Breast Beyond Burger Turkey Burger
Vegetable Plate

