



Breakfast

- Chia Seed Parfait 
- Yogurt Parfait
- Fruit Cup 
- Sausage Egg & Cheese Biscuit
- Waffle & Sausage
- Biscuits & Gravy
- Bagel & Cream Cheese
- Big John Breakfast Sandwich



Heat & Eat

- Buffalo Boneless Chicken Wings
- Chicken Strips
- Chili
- Red Pepper Gouda Soup
- Chicken & Dumplings
- Balsamic Chicken, Couscous & Broccoli (Work Life Balanced Meal) 
- Black Bean & Butternut Squash Buritto (Work Life Balanced Meal) 

Snacks

- Chia Seed Parfait 
- Yogurt Parfait
- Hard Boiled Eggs 
- Fruit Cup 
- Celery & Peanut Butter 
- Carrots & Hummus 
- Tuna Salad & Flatbread Crackers
- Chocolate Pudding Cup
- Brownie Dessert Cup



Salads & Sandwiches

- Garden Salad 
- BLT Salad
- Beef & Cheddar on Sourdough
- Turkey & Provolone on Wheat 
- Turkey & Provolone Sliders
- Bagel & Cream Cheese
- Veggie Burger 
- Cheeseburger
- Spicy Chicken Sandwich
- Plain Breaded Chicken Sandwich
- Pimento Cheese Sandwich
- Tuna Salad Croissant

Fresh food options change weekly. Based on Market Fresh Food Menu, all items are subject to change based on participating locations and availability. Items may be out of stock at a specific location.

Questions? Please fill out an online survey. Thank you for your business!