

Breakfast

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| fresh fruit | fresh grapes ♥ |
| hot cereal | baked oatmeal ♥ |
| entrees | scrambled eggs ▼ wild mushroom strata ▼ sausage patties |
| pastries | danish buttermilk biscuits |

Lunch

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|--|--|
| soup | chicken noodle soup ♥ |
| salad | broccoli & raisin salad black & white bean salad ♥ ▼ roasted butternut salad |
| pizza | pepperoni & onion calzone |
| pasta | pasta selection with choice of sauces |
| vegan | tofu stir fry ■ ▼ |
| fresh for you | smoothie bar ♥ ▼ |
| classic entrée | bacon cheeseburger rollup ▼ |
| vegetarian entrée | grilled veggie rollup ▼ |
| healthier choice | whole wheat penne ♥ ▼ with roasted vegetable sauce ♥ ▼ |
| vegetables & accompaniments | olive oil pasta ■ ▼ steamed parsnips ♥ petite peas with onions ♥ hummus ■ ▼ pita chips |
| dessert | chocolate pudding assorted cookies and brownies fruit & yogurt bar ♥ frozen yogurt ■ |

Dinner

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|--|---|
| soup | chicken noodle soup ♥ |
| salad | balsamic marinated grape tomatoes ♥ ▼ turkey cranberry salad ♥ ▼ layered salad |
| pizza | blackened salmon & red onion pizza |
| pasta | pasta selection with choice of sauces |
| vegan | acorn squash with rice & almonds ■ ▼ |
| fresh for you | tuscan steak wrap |
| classic entrée | chicken cordon bleu |
| vegetarian entrée | smoky mushroom ragout ♥ ▼ over polenta ♥ ▼ |
| healthier choice | cajun spiced cod ♥ with lemon sauce ♥ |
| vegetables & accompaniments | dirty rice ♥ steamed cabbage ♥ carrots dijon ♥ fried okra |
| bread | drop cheese biscuits |
| dessert | german chocolate cake assorted cookies and brownies fruit & yogurt bar ♥ frozen yogurt ■ |

Menu selections may change based on local availability

▼ vegetarian

♥ low fat

■ healthier

Entrees (< 350 cal, < 5 g sat. fat)
Soup, Salad, Sides (< 250 cal, < 5 g sat. fat)
Baked Goods (< 230 cal, < 5 g fat)



by Meriwether Godsey