

Egg & Cheese Muffin

Your Favorite - Served on a Toasted English Muffin

\$3.09  **Cal 250**

Serv Size: 1 Sandwich (122g) • Fat cal 90 • Total fat 10g • Sat fat 5g • Trans fat 0g
Cholest 225mg • Sodium 560mg • Total carb 23g • Fiber < 1g • Sugars 2g • Protein 14g
Contains milk, eggs, wheat, soy, gluten

Egg & Cheese Croissant

Scrambled Eggs and American Cheese on a Croissant

\$3.09 **Cal 400**

Serv Size: 1 Sandwich (124g) • Fat cal 240 • Total fat 27g • Sat fat 12g • Trans fat 1g
Cholest 275mg • Sodium 520mg • Total carb 25g • Fiber 1g • Sugars 5g • Protein 14g
Contains milk, eggs, wheat, soy, gluten

Sausage, Egg & Cheese Muffin

Your Favorite - Served on a Toasted English Muffin

\$3.59 **Cal 480**

Serv Size: 1 Sandwich (179g) • Fat cal 290 • Total fat 32g • Sat fat 14g • Trans fat 0g
Cholest 265mg • Sodium 1040mg • Total carb 24g • Fiber < 1g • Sugars 2g • Protein 22g
Contains milk, eggs, wheat, soy, gluten

Sausage, OR Bacon, Egg & Cheese Croissant

Sausage OR Bacon Egg & Cheddar Cheese on a Croissant

\$3.59 **Cal 660**

Serv Size: 1 Sandwich (186g) • Fat cal 420 • Total fat 46g • Sat fat 21g • Trans fat 1.5g
Cholest 235mg • Sodium 920mg • Total carb 37g • Fiber 2g • Sugars 7g • Protein 23g
Contains milk, eggs, wheat, soy, gluten

Bacon, Egg & Cheese Muffin

Bacon Strips, Egg & Cheddar Cheese on an English Muffin

\$3.59 **Cal 430**

Serv Size: 1 Sandwich (148g) • Fat cal 240 • Total fat 26g • Sat fat 11g • Trans fat 0g
Cholest 160mg • Sodium 1020mg • Total carb 26g • Fiber < 1g • Sugars 2g • Protein 22g
Contains milk, eggs, wheat, soy, gluten

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Classic Cheeseburger

Char grilled beef patty with American cheese on plain bun with lettuce, tomato, and pickle

\$3.79 Cal 380

Serv Size: 1 Sandwich (184g) • Fat cal 190 • Total fat 21g • Sat fat 9g • Trans fat 1g
Cholest 60mg • Sodium 640mg • Total carb 28g • Fiber 1g • Sugars 5g • Protein 20g
Contains milk, wheat, soy, gluten

Chicken Tenders

Chicken Tenders Quick-fried for Maximum Juiciness, Served Hot with Our specialty Barbecue Sauce

\$4.59 Cal 430

Serv Size: 3 Tenders (198g) • Fat cal 180 • Total fat 20g • Sat fat 2.5g • Trans fat 0g
Cholest 40mg • Sodium 1350mg • Total carb 42g • Fiber 6g • Sugars 13g • Protein 18g
Contains eggs, wheat, gluten, mustard

French Fries

Shoestring French Fries

\$1.59  Cal 260

Serv Size: 4 oz (114g) • Fat cal 130 • Total fat 15g • Sat fat 1.5g • Trans fat 0g
Cholest 0mg • Sodium 40mg • Total carb 29g • Fiber 3g • Sugars 0g • Protein 3g
Contains soy

Tater Tots

\$1.59  Cal 340

Serv Size: 4 oz (113g) • Fat cal 240 • Total fat 27g • Sat fat 5g • Trans fat 0g
Cholest 0mg • Sodium 420mg • Total carb 23g • Fiber 0g • Sugars 0g • Protein 3g
Contains soy

Combo, TOTS AND 20 oz.

tots and soda

\$1.50 Cal 460

Serv Size: 1 Portion (386g) • Fat cal 200 • Total fat 22g • Sat fat 4.5g • Trans fat 0g
Cholest 40mg • Sodium 1930mg • Total carb 54g • Fiber 8g • Sugars 9g • Protein 13g
Contains milk, eggs, fish, shellfish, wheat, soy, gluten, MSG

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

California Chicken Club Sandwich

Grilled Chicken Breast on Ciabatta Roll w/Sun-Dried Tomato Pesto Mayo, Lettuce, Tomato, Avocado & Pickle Spear

\$5.49 Cal 520

Serv Size: 1 Sandwich (384g) • Fat cal 180 • Total fat 20g • Sat fat 4g • Trans fat 0g
Cholest 65mg • Sodium 1180mg • Total carb 56g • Fiber 6g • Sugars 7g • Protein 30g
Contains milk, eggs, wheat, soy, gluten, mustard

~~5/29 6/12 6/26 7/10 7/24 8/7 8/21~~

Chef Salad

Mixed Greens Tossed with Ham, Turkey, Swiss Cheese, Hard Cooked Egg and Your Choice of Dressing

\$6.29 Cal 360

Serv Size: 1 Salad (401g) • Fat cal 180 • Total fat 20g • Sat fat 6g • Trans fat 0g
Cholest 160mg • Sodium 1510mg • Total carb 27g • Fiber 4g • Sugars 9g • Protein 22g
Contains milk, eggs, wheat, soy, gluten, MSG

~~5/30 6/13 6/27 7/11 7/25 8/8 8/22~~

Chicken Quesadillas

Golden Grilled Quesadillas Filled with Adobo-marinated Chicken and Melted Cheese.

\$4.99 Cal 500

Serv Size: 1 Quesadilla (198g) • Fat cal 210 • Total fat 24g • Sat fat 13g • Trans fat 0g
Cholest 105mg • Sodium 1000mg • Total carb 36g • Fiber 1g • Sugars < 1g • Protein 35g
Contains milk, wheat, soy, gluten

~~5/31 6/14 6/28 7/12 7/26 8/9 8/23~~

Monte Cristo Sandwich

A French Toasted Turkey, Ham and Swiss Sandwich on Texas Toast

\$5.09 Cal 960

Serv Size: 1 Sandwich (483g) • Fat cal 320 • Total fat 36g • Sat fat 16g • Trans fat 0g
Cholest 400mg • Sodium 2350mg • Total carb 89g • Fiber 2g • Sugars 18g • Protein 69g
Contains milk, eggs, wheat, soy, gluten

~~6/1 6/15 6/29 7/13 7/27 8/10 8/24~~

Shrimp, Red Pepper & Corn Salad Sandwich

Shrimp, Corn, and Red Pepper Salad with Fresh Cilantro on Kaiser

\$5.49  Cal 60

Serv Size: 1/2 Sandwich (62g) • Fat cal 15 • Total fat 1.5g • Sat fat 0g • Trans fat 0g
Cholest 40mg • Sodium 200mg • Total carb 7g • Fiber < 1g • Sugars 1g • Protein 6g
Contains eggs, fish, shellfish, wheat, soy, gluten, mustard

~~6/5 6/19 7/3 7/17 7/31 8/14 8/28~~

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Taco Salad

A Crisp Oversized Taco Shell Filled with Spicy Taco Meat, Iceberg Lettuce, Salsa & Sour Cream, Black Olives & Scallions

\$5.99 Cal 510

Serv Size: 1 Salad (390g) • Fat cal 280 • Total fat 31g • Sat fat 9g • Trans fat 0g
Cholest 40mg • Sodium 1070mg • Total carb 46g • Fiber 5g • Sugars 9g • Protein 14g
Contains milk, wheat, soy, gluten

6/6 6/20 7/4 7/18 8/1 8/15 8/29

Tomato Mozzarella Ciabatta Sandwich

Ciabatta Bread Fresh Spinach, Fresh Mozzarella, Roasted Red Pepper, Tomatoes, Basil and Balsamic Vinaigrette

\$5.49 Cal 590

Serv Size: 1 Sandwich (356g) • Fat cal 240 • Total fat 26g • Sat fat 12g • Trans fat .5g
Cholest 80mg • Sodium 890mg • Total carb 64g • Fiber 4g • Sugars 7g • Protein 25g
Contains milk, wheat, soy, gluten, mustard

6/7 6/21 7/5 7/19 8/2 8/16 8/30

Tuna Melt with Fries

Tuna Blended with Capers, Red Onion, and Lemon on a Toasted English Muffin with Melted American Cheese and Served with F

\$4.59 Cal 310

Serv Size: 1 Plate (202g) • Fat cal 140 • Total fat 16g • Sat fat 4.5g • Trans fat 0g
Cholest 20mg • Sodium 870mg • Total carb 30g • Fiber 3g • Sugars 3g • Protein 12g
Contains milk, eggs, fish, wheat, soy, gluten, mustard

6/8 6/22 7/6 7/20 8/3 8/17

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

TRASH PLATE

Hamburger on Bun (3 oz)

Beef patty on hamburger bun

\$5.89 Cal 290

Serv Size: 1 Sandwich (105g) • Fat cal 140 • Total fat 16g • Sat fat 6g • Trans fat 0g
Cholest 45mg • Sodium 300mg • Total carb 24g • Fiber < 1g • Sugars 3g • Protein 12g

Contains wheat, soy, gluten, mustard

Roasted Potatoes

New Potatoes Tossed with Garlic & Onion and Roasted to a Golden Brown

  **Cal 90**

Serv Size: 4 oz Spoodle (99g) • Fat cal 0 • Total fat 0g • Sat fat 0g • Trans fat 0g
Cholest 0mg • Sodium 0mg • Total carb 20g • Fiber 2g • Sugars < 1g • Protein 2g

Macaroni Salad

Elbow Macaroni with Celery, Green Onions, Red Peppers and Pickles with Creamy Salad Dressing

 **Cal 180**

Serv Size: 4 oz (114g) • Fat cal 60 • Total fat 7g • Sat fat 1g • Trans fat 0g
Cholest 0mg • Sodium 590mg • Total carb 27g • Fiber 1g • Sugars 4g • Protein 4g

Contains eggs, wheat, soy, gluten, mustard

5/29 6/12 6/26 7/10 7/24 8/7 8/21

Meatloaf with Yukon Potatoes & Corn

Home style Meatloaf with Grass Fed Beef, All Natural Turkey, Served with Yukon Parsnip Mash, Grilled Corn.

\$5.89 Cal 490

Serv Size: 4z Slc+5zPot+1Crn (385g) • Fat cal 160 • Total fat 18g • Sat fat 6g • Trans fat .5g
Cholest 100mg • Sodium 580mg • Total carb 59g • Fiber 7g • Sugars 12g • Protein 27g

Contains milk, eggs, wheat, soy, gluten, mustard

5/30 6/13 6/27 7/11 7/25 8/8 8/22

Taco Chili Bar

Taco Shells, Seasoned Meat, Cheese, Lettuce, Tomato, Olives, Salsas, Sour Cream and More!

\$3.99 Cal 430

Serv Size: 2 Tacos+Topping (264g) • Fat cal 210 • Total fat 24g • Sat fat 12g • Trans fat 0g
Cholest 55mg • Sodium 740mg • Total carb 37g • Fiber 8g • Sugars 5g • Protein 18g

Contains milk, soy

5/31 6/14 6/28 7/12 7/26 8/9 8/23

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

BBQ Chicken Plate

Our Juicy BBQ Chicken with Home Style Baked Beans and Everyone's Favorite
Macaroni and Cheese

\$5.89 Cal 640

Serv Size: 1 Plate (398g) • Fat cal 240 • Total fat 27g • Sat fat 9g • Trans fat 0g
Cholest 115mg • Sodium 1500mg • Total carb 62g • Fiber 10g • Sugars 28g • Protein 38g

Contains milk, wheat, soy, gluten, mustard
6/1 6/15 6/29 7/13 7/27 8/10 8/24

Buffalo Chicken Wings

Fried chicken wings tossed with buffalo sauce and served with celery sticks and
dressing

\$4.59 7.29 Cal 650

Serv Size: 6 Wings+3 Tbsp (353g) • Fat cal 470 • Total fat 52g • Sat fat 10g • Trans fat 0g
Cholest 160mg • Sodium 3490mg • Total carb 8g • Fiber < 1g • Sugars 2g • Protein 35g

Contains milk, eggs, soy, gluten, MSG
6/5 6/19 7/3 7/17 7/31 8/14 8/28

Hot Dog on a Bun

The Classic Comfort Food: One All American Hot Dog Served Warm in a Fresh Bun

\$1.79 Cal 310

Serv Size: 1 Sandwich (102g) • Fat cal 160 • Total fat 18g • Sat fat 6g • Trans fat 0g
Cholest 40mg • Sodium 790mg • Total carb 25g • Fiber < 1g • Sugars 4g • Protein 10g

Contains wheat, soy, gluten
6/6 6/20 7/4 7/18 8/1 8/15 8/29

Pasta & Meatballs Casserette

Individually Baked Rotini Pasta Casserole with Meatballs, Marinara Sauce &
Mozzarella Cheese

\$5.89 Cal 550

Serv Size: 1 Casserette (319g) • Fat cal 200 • Total fat 22g • Sat fat 10g • Trans fat 0g
Cholest 50mg • Sodium 870mg • Total carb 61g • Fiber 5g • Sugars 9g • Protein 24g

Contains milk, wheat, soy, gluten
6/7 6/21 7/5 7/19 8/2 8/16 8/30

Baked Potato Bar

Hot Oven-baked Potatoes with a Smorgasbord of Fixings: Chili, Cheese, Sour
Cream, Veggies, Chives, Bacon and More!

\$3.99 Cal 260

Serv Size: 1 Potato+Topping (285g) • Fat cal 60 • Total fat 7g • Sat fat 2.5g • Trans fat 0g
Cholest 15mg • Sodium 430mg • Total carb 41g • Fiber 6g • Sugars 7g • Protein 8g

Contains milk, soy, mustard
6/8 6/22 7/6 7/20 8/3 8/17

2,000 calories a day is used for general nutrition advice, but calorie needs vary.