

MAKE THE CHOICE THAT'S RIGHT FOR YOU.


EAT WELL



LOCALLY SOURCED













































VEGETARIAN



VEGAN



AVOIDING GLUTEN

LUNCH	Hot Food	QUIK PIK SANDWICH-	SNACK PAK
	served with Sliced Apples, Carrots	includes sandwich, Sliced Apples	
MONDAY	Baked Chicken Parmesan 8.75  Eggplant Parmesan 7.65  	Honey Dijon Grilled Chicken Sandwich 7.65  Sun butter & Jelly on White bread 5.95	Celery, Carrots, Sun Butter and Raisins   3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita   3.70
TUESDAY	Beef Stroganoff Over Egg Noodles 8.75  Vegetable Beyond Burger 7.65  	Organic Chicken Caesar Wrap  8.75 Sun butter & Jelly on White bread 5.95	Celery, Carrots, Sun Butter and Raisins   3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita   3.70
WELLNESS WEDNESDAY	Lemon Pepper Shrimp 8.75  Three Cheese Ravioli with Brown Butter Sauce 7.65  	Sun Grilled Bratwurst & Sauerkraut Hero 7.65  Sun butter & Jelly on Wheat  5.95	Celery, Carrots, Sun Butter, and Raisins   3.70 Apple, Grapes, Pretzels, Caramel  3.70 Hummus, Celery Carrot and Pita   3.70
THURSDAY	Sweet & Sour Chicken Vegetable Eggroll 8.75 Teriyaki Tofu Lo mein 7.65 	Charleston Chicken Sandwich 6.95 Sun Butter & Jelly on Wheat Bread  5.95	Celery, Carrots, Sun Butter and Raisins   3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita   3.70
FRIDAY	Cheese Pizza with Sweet Tators & Steamed Broccoli 7.95 	Chicken Caesar Wrap 7.95 Sun Butter & Jelly on Wheat Bread  5.95	Celery, Carrots, Sun Butter and Raisins   3.70 Apple, Grapes, Pretzels, Caramel 3.70  Hummus, Celery Carrot and Pita   3.70