

EVERYDAY SELECTS

	DAILY SPECIALS
M	Classic Burgers & Fries: Vegetarian Chicken Spicy Chicken Beef Grilled Cheese(v)
T	Cheese Stuffed Breadsticks & Spaghetti Sauce(v) Choice of Pizza: Cheese(v) Pepperoni Buffalo Chicken
W	Nachos: Bean & Cheese(v) Taco Beef & Cheese Taco Turkey & Cheese
TH	Cheese Stuffed Breadsticks & Spaghetti Sauce(v) Choice of Pizza: Cheese(v) Pepperoni Hawaiian
F	Classic Burgers & Fries: Vegetarian Chicken Spicy Chicken Beef Po'Boy Fishstick Sub



PLANT-BASED, VEGETARIAN, NATURAL & MORE... ALL THE INGREDIENTS YOU LOVE!

SUPER FOODS

	DAILY SPECIALS
M	American Style Subs, Wraps, and Flats
T	Italian Style Subs, Wraps, and Flats
W	American Style Subs, Wraps, and Flats
TH	Italian Style Subs, Wraps, and Flats
F	American Style Subs, Wraps, and Flats

MON

Iceberg Cabbage Salad
Kidney Beans
Fresh Fruits & Veggies
Canned Fruits & Veggies
FRESH PICK! Apples

TUES

Iceberg & Cabbage Salad
Basil Corn Salad
Fresh Fruits & Veggies
Canned Fruits & Veggies
FRESH PICK! Apples

WED

Iceberg & Cabbage Salad
Baby Carrots
Fresh Fruits & Veggies
Canned Fruits & Veggies
FRESH PICK! Apples

THURS

Iceberg & Cabbage Salad
Corn
Fresh Fruits & Veggies
Canned Fruits & Veggies
FRESH PICK! Apples

FRI

Iceberg & Cabbage Salad
Celery Sticks
Fresh Fruits & Veggies
Canned Fruits & Veggies
FRESH PICK! Apples



This institution is an equal opportunity provider. Additional nutrition information available upon request.

BIG-CITY BITES

DAILY SPECIALS

Comfort Foods From Around The World
Monday: BIG CITY BITES featuring **Boston Bites- Chicken Parmesan Pasta**

M	American Comfort: WG Chicken Nuggets & Fries with Choice of Sauce- Sweet Chili, Frank's Red Hot, or BBQ
T	Mexican Comfort: Bean & Cheese Enchilada Roja(v) with Cilantro Lime Brown Rice & Black Beans
W	American Comfort: Loaded Baked Potato with Choice of Taco Turkey or Vegetarian Rainbow Chili(v)
TH	Italian Comfort Pasta: Choice of Alfredo(v), Spaghetti(v), or Beef Meat Sauce and Parmesan Green Beans
F	Asian Comfort Fried Rice Bowls: Orange Chicken or Teriyaki Baked Tofu(v) with Spicy Asian Vegetables

FAST TAKES

DAILY SPECIALS

NEW ITEMS! Fiesta Dip Box(v) | Hummus & Flatbread(v) | Protein PowerUp Box | Deli Bento Box

M	Fiesta Dip Box(v) Chef Salad Turkey & Cheese Sub Crispy Chicken Wrap
T	Strawberry Banana Parfait(v) Hearty Garden Veg Salad American Sub Chicken Caesar Wrap
W	Classic Hummus Box with Flatbread(v) Crispy Chicken Salad Italian Sub Buffalo Chicken Wrap
TH	PowerUp Box Chicken Caesar Salad Turkey & Cheese Sub Crispy Chicken Wrap
F	Deli Bento Box Garden Fiesta Salad(v) Turkey Ham & Cheese Sub Chicken Caesar Wrap

WHOLE GRAINS SUPPORT HEALTHY BRAINS!

SEPTEMBER IS NATIONAL WHOLE GRAINS MONTH

This month, try and add more servings of whole grains to your diet. Whole grains benefit your heart, digestive health and more!

