

Treat Yourself to Lunch Without the Hassle!

Fresh Salads

Served with your choice of Ranch, Italian, Caesar, Bleu Cheese, Sesame Oriental, Fat-Free Ranch, Fat Free Italian or Balsalmic Vinigrette:

#1 Garden Salad

Baby Greens, Dried Cherries, Diced Apples and Walnuts
Served with Croutons

\$3.00



#2 Chef Salad

Crisp Romaine Lettuce topped with Slices of Roasted Turkey, Ham, Cheese, Tomato, Cucumbers and Diced Egg
Served with Croutons

\$ 4.25

#3 Grilled Chicken Caesar Salad

Crisp Romaine Lettuce Topped with Grilled Chicken, Croutons and Parmesan Cheese

Served with Caesar Dressing

\$ 4.00

#4 Chinese Chicken Salad

Crisp Romaine Lettuce Topped with Grilled Chicken, Green Onions, Mandarin Oranges, Crunchy Chow Mein Noodles

Served with Sesame Oriental Dressing

\$ 4.25

#5 The Lighter Side

Seasonal Fresh Fruit served with Your Choice of Yogurt or Cottage Cheese

\$ 3.50

#6 BBQ Chicken Salad

Crisp Romaine Lettuce Topped with Grilled Chicken, Jicama, Corn, Red Onion and Tomato. Served with Ranch Dressing, BBQ Sauce and Tortilla Chips

\$4.25

#7 House Special

Choice of TWO of the Following items:
Small Garden Salad, 1/2 Sandwich, Soup or Seasonal Fruit Cup

\$3.50



You may add your choice of the following:

#8A Scoop of Tuna Salad \$1.25

#8B Scoop of Chicken Salad \$1.25

#8C Scoop of Low Fat Cottage Cheese \$1.25

#8D Sliced Grilled Chicken Breast \$1.50



Hearty Sandwiches

Served with Mayonnaise and Mustard. Garnished with Lettuce, Tomato and Pickles. Served on Your Choice of Bread: White, Sourdough, 9 Grain, French Roll or Deli Rye.

✦ Oven-Baked Ham

✦ Roasted Turkey

✦ Tuna Salad

✦ Chicken Salad

✦ Egg Salad

✦ American Cheese
(.10¢ Extra)



#9A Whole Sandwich

\$3.00

#9B 1/2 Sandwich

\$2.50

Soups

Served with Crackers

#10A Zesty Minestrone

\$1.75

#10B Chicken Noodle

\$1.75



Additions

Sides

#11 Seasonal Fruit Cup

\$1.75

#12 Veggie Sticks with Dip

\$1.00

#13 Yogurt Cup (4 oz)

\$1.25

Extras

#14 Dressing

.35¢

#15 Crackers

.10¢

Dessert

#16 Reduced Fat-Fudge Brownie

\$1.00

Available at Your Site

#17 Full Cafeteria Lunch (Served with 100% Juice or Milk)

\$3.25

#18 Main Dish Only

\$2.25

#19 Salad Bar (Single Trip Only)

\$3.25