



## Watch for Wellness and You! Menu Solutions...

...good food that tastes great  
is your reason for  
eating healthy!

Wellness entrées and salad recipes  
were developed by our regional  
and national chefs and dietitians.

Better By Design  
means healthier cuisine...

We now have soup daily.

General Manager  
Jody Nelson



# 2009 menu

Week of Monday October 19

## Monday

|         |                          |        |
|---------|--------------------------|--------|
| Entree: | Nachos Supreme with Beef | \$4.50 |
|         | Nachos                   | \$4.00 |
|         | Corndog & Curly Fries    | \$3.50 |
|         | Cheeseburger on Bun      | \$1.75 |
|         | Hamburger on Bun         | \$1.65 |
|         | Cheese Pizza             | \$2.25 |
|         | Sausage Pizza            | \$2.50 |
|         | Baked Chicken Sandwich   | \$2.50 |

## Tuesday

|         |   |        |
|---------|---|--------|
| Entree: | Hamburger on Bun                          | \$1.65 |
|         | Fried Chicken Breast Sandwich             | \$2.25 |
|         | Cheese Pizza                              | \$2.25 |
|         | Pepperoni Pizza                           | \$2.50 |
|         | Baked Chicken Sandwich                    | \$2.50 |
|         | Chicken Tenders and Tator tots            | \$4.75 |
|         | Chicken Tenders, Mashed Potatoes and Corn | \$4.50 |
|         | Sausage Pizza                             | \$2.50 |

## Wednesday

|         |                               |        |
|---------|-------------------------------|--------|
| Entree: | Penne Pasta Bar               | \$4.00 |
|         | MeatSauce                     | \$     |
|         | Marinara Sauce                | \$     |
|         | Alfredo Sauce                 | \$     |
|         | Cheeseburger on Bun           | \$1.75 |
|         | Hamburger on Bun              | \$1.65 |
|         | Fried Chicken Breast Sandwich | \$2.25 |
|         | Cheese Pizza                  | \$2.25 |

## Thursday

|         |                            |        |
|---------|----------------------------|--------|
| Entree: | Individual Cheese Pizza    | \$5.00 |
|         | Individual Pepperoni Pizza | \$5.00 |
|         | Wings & Things Bar         | \$4.50 |
|         | Cheeseburger on Bun        | \$1.75 |
|         | Hamburger on Bun           | \$1.65 |
|         | Cheese Pizza               | \$2.25 |
|         | Sausage Pizza              | \$2.50 |
|         | Baked Chicken Sandwich     | \$2.50 |

## Friday

|         |  |        |
|---------|--|--------|
| Entree: | Cheeseburger on Bun                            | \$1.75 |
|         | Hamburger on Bun                               | \$1.65 |
|         | Chicken Patty Sandwich                         | \$2.25 |
|         | Baked Chicken Sandwich                         | \$2.50 |
|         | Pepperoni Pizza                                | \$2.50 |
|         | Sausage Pizza                                  | \$2.50 |
|         | BBQ Grilled Chicken Breast Sandwich with Fries | \$4.25 |
|         | Beef Philly-Style Cheese Steak                 | \$3.50 |