



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...

*Happy Halloween  
Everyone.  
Be Safe*

*General Manager  
Jody Nelson x116  
or 141*



## 2009 menu

Week of Monday October 26

### Monday

Entree:	Italian Beef Sandwich & Curly Fries	\$4.75
	Ham & Swiss on Flatbread	\$3.25
	Cheeseburger on Bun	\$1.75
	Hamburger on Bun	\$1.65
	Sausage Pizza	\$2.50
	Baked Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25

### 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
	Cream of Broccoli	\$4.50
	Cream of Chicken	\$4.50
	Cream of Potato	\$4.50