



## 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...

If you have any  
questions please  
don't hesitate to  
contact me.

General Manager  
Jody Nelson x  
1141 or 1116



# 2009 menu

Week of Monday January 11

## Monday

Entree:	Ham & Cheese on a Flat Bread	\$3.25
	Chicken & Cheese on a Flat Bread	\$3.25
	Hamburger on Bun	\$1.65
	Cheeseburger on Bun	\$1.75
	Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50

## Tuesday

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

## Wednesday

Entree:	Penne Pasta Bar	\$4.00
	Marinara Sauce	\$
	Meat Sauce	\$
	Alfredo Sauce	\$
	Mozzarella Sticks	\$3.25
	Cheeseburger on Bun	\$1.75
	Fried Chicken Breast Sandwich	\$2.25
	Baked Chicken Sandwich	\$2.50

## 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
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Pepperoni Pizza	\$2.50

## Friday

Entree:	Soup in a Bread Bowl	\$4.50
	Hamburger on Bun	\$1.65
	Cheeseburger on Bun	\$1.75
	Chicken Sandwich	\$2.50
	Fried Chicken Breast Sandwich	\$2.25
	Cheese Pizza	\$2.25
	Sausage Pizza	\$2.50
	Pepperoni Pizza	\$2.50