

	Price	Calories
FRUIT		
Fresh Fruit-Apple/Banana	\$1.00	110
Grapes	\$3.75	200
Cantaloupe	\$2.95	100
Honey Dew	\$2.95	100
#1 Fruit Medley (Cantaloupe, Honeydew)	\$2.95	99
#2 Fruit Medley (Cantaloupe, Honeydew, Strawberry, Pineapple)	\$4.95	109
BREAKFAST (Served from 6:00am - 10:00am)		
Bagel- Plain	\$1.50	72
Cereal Bar	\$1.00	140
Cereal	\$2.00	148
Grits	\$0.80	96
Toast	\$0.80	110
Egg	\$0.75	70
Gravy	\$0.70	206
French Toast	\$2.95	348
Sausage Patty	\$0.85	260
(3) Bacon	\$1.05	240
(4) Bacon	\$1.35	320
Hashbrowns	\$1.20	220
Hashbrowns w Gravy	\$1.60	426
Biscuit	\$1.00	220
Biscuit w/Gravy	\$1.40	426
BREAKFAST SANDWICHES		
Sandwich- Egg	\$1.25	115
Sandwich- Egg, Cheese	\$1.45	175
Sandwich-Bacon, Egg	\$2.00	420
Sandwich- Bacon, Egg, Cheese	\$2.30	480
Sandwich- Sausage, Egg	\$1.85	440
Sandwich- Sausage, Egg, Cheese	\$2.10	500
Sandwich-Smoked Sausage	\$2.35	285
Sandwich-Smoked Sausage, Egg	\$3.00	345
Sandwich-Smoked Sausage, Egg, Cheese	\$3.25	405
Sandwich- Steak, Egg	\$2.35	290
Sandwich-Steak, Egg, Cheese	\$2.55	350
Sandwich-Ham, Egg	\$2.25	420
Sandwich-Ham, Egg, Cheese	\$2.45	480
BREAKFAST BISCUITS		
Biscuit- Sausage	\$1.60	480
Biscuit- Sausage, Egg	\$2.25	550
Biscuit- Sausage, Egg, Cheese	\$2.45	610
Biscuit- Bacon, Egg	\$2.30	530
Biscuit- Bacon, Egg, Cheese	\$2.45	590
BREAKFAST COMBO		
#1 2 Egg Omelet w/Cheese and ham/bacon3/or ham w/Toast,Hashbrown	\$3.95	807
#2 3 Egg Omelet w/Cheese and Toast	\$2.35	587

SNACK-A-TACH

	Price	Calories
LUNCH (Served from 10:00am-5:00pm)		
Veggies Snack w/Dip Tray	\$3.95	598
Veggies-Ranch-Cheese Snack Tray	\$4.95	644
Chef Salad	\$4.95	347
Chicken Salad	\$4.95	323
Chicken Caesar Salad	\$4.95	490
Garden Salad	\$3.50	120
Tuna Salad	\$4.95	229
Chicken Wrap	\$4.95	501
12oz Cup of Soup or Chili	\$3.00	360
Veggie Wrap	\$4.95	280
Turkey Wrap	\$3.75	465
Tuna Wrap	\$4.25	549
6" Turkey Sub	\$4.95	280
6" Ham & Cheese Sub	\$4.95	322
Chicken Sub	\$3.45	247
Turkey Sandwich	\$2.35	485
BBQ Sandwich	\$2.00	495
Chicken Salad Sandwich	\$2.40	277
Tuna Salad Sandwich	\$1.95	229
Egg Salad Sandwich	\$2.00	541
Ham Sandwich	\$2.50	180
Club Sandwich	\$2.75	320
Hot Dog	\$1.75	310
Chili Dog	\$2.25	379
Hamburger	\$2.55	374
Cheeseburger	\$2.75	434
Double Cheeseburger	\$4.95	640
Chicken Fillet Sandwich	\$2.85	340
Fish Fillet Sandwich	\$2.15	430
Pizza Slice - Cheese	\$2.99	330
Pizza Slice -Pepperoni	\$3.99	390
Tornado- Assorted	\$1.39	170
Turkey Etc	\$3.15	355
BLT	\$2.00	438
Tuna Sub	\$3.20	630
Meatball Sub	\$3.30	580
Philly Steak Sub	\$4.25	492
Po Boy Sub	\$3.35	586
Lunch Special	\$5.25	Varies
Main Entree Only	\$3.95	Varies
Veggie Plate	\$2.40	Varies
Vegetable Portion Only	\$0.80	Varies

This menu has been color coded for healthier choices

Good Choice **Better Choice** **Best Choice**

BEVERAGES		
Bottled Water	\$1.10	0
Orange Juice	\$0.85	80
Grapefruit Juice	\$0.95	100
Milk	\$1.30	138
F'Real Milk Shakes/Smoothies	\$2.49	513/277
Cappuccino 12oz	\$1.00	90
Cappuccino 24oz	\$2.00	120
Coffee - 12oz	\$0.85	12
Coffee - 24oz	\$1.50	24
Coffee - 32oz	\$2.00	32
Soft Drink - 24oz	\$1.10	287
Soft Drink - 32oz	\$1.30	382
Teazzer Iced Tea 24oz Unsweet or Sweet	\$1.10	(0)-(210)
Teazzer Iced Tea 32oz Unsweet or Sweet	\$1.30	(0)-(280)
Powerade	\$1.50	123
Energy Drink	\$2.50	48
Vitamin Water	\$1.39	123
EXTRAS & SNACKS		
Cheese Slice	\$0.50	60
Cream Cheese	\$0.60	100
Jello	\$1.00	200
Pudding- Chocolate or Vanilla	\$1.00	196
Yogurt	\$1.60	80
Egg- Hard Boiled	\$0.75	70
Nachos	\$2.60	450
Pretzel	\$1.35	180
Candy	\$0.75	280
Ms Vickie Chips	\$0.99	155
Condiments	\$0.25	Varies
Chips- Assorted Flavors	\$1.00	210
French Fries	\$1.25	240
Strawberry Short Cake	\$1.75	200
Cookie- 3pk	\$1.75	390
Muffin	\$1.75	490
Danish	\$1.50	370
Danish-Elite	\$2.25	430
Cinnamon Bun	\$2.95	270
Lettuce	\$0.15	1
Tomato	\$0.15	3
Onion	\$0.15	4
Cup for Ice	\$0.20	N/A
Saltine Crackers	\$0.05	60
Crystal Light	\$0.75	100
Knife	\$0.05	N/A
Spoon	\$0.05	N/A
Fork	\$0.05	N/A