## SUNDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper \& Onion. [Calories 100-500]

Lunch Tofu Sweet Mustard (S), Herb Roasted Potatoes, Ginger Snap Peas, Roasted Yellow Squash \& Zucchini [Calories 60-390]

Dinner Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 60-680]

Lunch Pork al Pastor, Pineapple Salsa, Steamed Spiced Green Beans, Mexican Street Corn (M) [Calories 50-585]

Dinner Bratwurst Braised with Sauerkraut, Mashed Potatoes (M), Gluten Free Gravy, Sweet Corn Succotash [Calories 5-1015]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Sausage Breakfast Biscuit (W,S), Spinach Egg \& Cheese Biscuit (M,S,W,E). [Calories 80-1130] Lunch/Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Buffalo Chicken Nuggets (W,S), Shoestring Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-1505]

## PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Sausage (M,W,S,E). [Calories 290-360]

MONDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu Hash. [Calories 100-860]

Lunch Vegan Buffalo Chicken Mac \& Cheese, Roasted Broccoli, Roasted Asparagus, Roasted Cauliflower [Calories 60-640]
Dinner Lentil Falafel Bowl (SS), Fasolakia Lathera Greek Green Beans [Calories 70460]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien. [Calories 60-760]

Lunch Mashed Potato Bowl; Grilled Marinated Chicken Breast (S), Mashed Potatoes (S), Corn, Gluten Free Gravy. [Calories 5-435]

Dinner Herb Roasted Pork Loin, Mashed Sweet Potatoes (T), Roasted Cauliflower with Pecans (T), Roasted Cherry Tomatoes (S) [Calories 50-1170]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg \& Cheese Croissant ( $\mathrm{M}, \mathrm{W}, \mathrm{E}, \mathrm{S}$ ), Bacon, Egg \& Cheese Croissant ( $\mathrm{M}, \mathrm{S}, \mathrm{W}, \mathrm{E}$ ). [Calories 80-1130] Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich ( $M, W, S$ ), Chicken Bacon Ranch Sandwich (E,M,W), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [5-2095]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Grilled Cheese Sandwich ( $M, S, W$ ), Bacon Cheese Burger ( $S, W$ ), Sweet Potato Fries, Lettuce, Tomato, Onion, Pickle [Calories 5-2590]

## PIECE OF THE PIE

Breakfast Silver Dollar Pancake ( $\mathrm{M}, \mathrm{W}, \mathrm{E}, \mathrm{S}$ ), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

Lunch/Dinner Cheese ( $\mathrm{M}, \mathrm{W}, \mathrm{S}$ ), Pepperoni ( $\mathrm{M}, \mathrm{W}, \mathrm{S}$ ), Veggie ( $\mathrm{M}, \mathrm{W}, \mathrm{S}$ ), BBQ Chicken (M,W,S). [Calories 290-340]

## CULINARY CREATIONS

Lunch/Dinner Carnitas Rice Bowl - BBQ Pulled Pork, Taco Seasoned Tofu (S),Black Beans, Pinto Beans, Cilantro Lime Rice Pepper \& Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1175]

## CHOOLAAH

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Veggie Croquettes (W) [Calories 116-734]

Dinner White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Paneer Cheese (M) [Calories 124-919]

TUESDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper \& Onion (S). [Calories 100-670]

Lunch Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]
Dinner Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Pork Bacon, Turkey Sausage Patty, Spiced Diced Potato. [Calories 60-475]

Lunch Grilled Teriyaki Salmon (S,F), Roasted Cauliflower with Pecan (T), Ginger \& Garlic Broccoli, Lemon Herb Rice [ Calories 100-610]

Dinner Blackened Chicken, Potatoes Red Rosemary Garlic, Honey Glazed Carrots,Roasted Garlic Parmesan Brussels Sprouts (M,S,SS) [Calories 100830]

## FLASH'S GRILL

Breakfast Biscuit ( $M, S, W, E$ ), Sausage Gravy ( $M, W$ ), Egg \& Cheese English Muffin (M,W,E,S), Ham, Egg \& Cheese English Muffin (M,S,W,E). [Calories 80900]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M, W, S), Corn Dog (W,S,E), Curly Fries (W,S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1565]
Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), Crispy Buffalo Chicken Sandwich (W,S,M), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1795]

## PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M, W, E, S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner Cheese (M,W,S), Pepperoni (M,W,S), Veggie (M,W,S), Garlic (M,W,S). [Calories 290-350]

## CULINARY CREATIONS

Lunch/Dinner Beef Barbacoa Rice Bowl - Beef Barbacoa, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers \& Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M) , Chipotle Ranch, Salsa, Taco Seasoned Tofu (S). [Calories 5$1,405]$

## CHOOLAAH

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Samosas (W) [Calories 94-669]
Dinner White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W) [Calories 94-712]

| W - Contains Wheat | S-Contains Soy | E-Contains Eggs |
| :---: | :---: | :---: |
| M-Contains Milk | P-Contains Peanuts | T-Contains Tree Nuts |
| SF - Contains Shellfish | SS - Contains Sesame | F-Contains Fish |
| 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request. |  |  |

Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

WEDNESDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper \& Onion (S). [Calories 100-500]

Lunch Penne Pasta (W), Marinara, Ratatouille, Mediterranean Roasted Vegetable, Vegan Chicken (S). [Calories 30-460]

Dinner Bibimbap Bowl (W,S,SS) [Calories 1035]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Sausage Patty, Triangle Hash Browns (S). [Calories 80-610]

Lunch Herb Marinated Grilled Flank Steak, Spanish Style Roasted Potatoes, Sauteed Zucchini \& Tomatoes, Honey Glazed Carrots (M) [Calories 60-590]

Dinner Grilled BBQ Pork Chop (S,E), Spiced Black Beans, Salsa Mango Floribbean, Black Eyed Peas, Roasted Sweet Potato [Calories 70-1100]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Sausage Breakfast Biscuit (W,S), Spinach Egg \& Cheese Biscuit (M,S,W,E). [Calories 80-1130] Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich ( $M, W, S$ ), Chicken Parmesan Sandwich ( $S, M, W$ ), Waffle Fries, Tomato, Onion, Pickle [5-2125]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich ( $M, W, S$ ), Bacon Grilled Cheese ( $\mathrm{S}, \mathrm{W}, \mathrm{M}$ ), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

## PIECE OF THE PIE

Breakfast Silver Dollar Pancake (M,W,E,S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

Lunch/Dinner Cheese ( $M, W, S$ ), Pepperoni ( $M, W, S$ ), Veggie ( $M, W, S$ ), Mac \& Cheese (M,W,S). [Calories 290-410]

## CULINARY CREATIONS

Lunch/Dinner Taco Rice Bowl - Ground Taco Turkey, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Lettuce, Peppers \& Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa. [Calories 5-1,115]

## CHOOLAAH

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M) [Calories 116-892]

Dinner White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Samosas (W) [Calories 107-691]

| W - Contains Wheat | S-Contains Soy | E-Contains Eggs |
| :---: | :---: | :---: |
| M - Contains Milk | P- Contains Peanuts | T- Contains rree Nuts |
| SF - Contains Shellfish | SS - Contains Sesame | F-Contains Fish |
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THURSDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Breakfast Burrito (W), Vegan Sausage Patty, Sweet Potato Tofu (S). Hash. [Calories 100-860]

Lunch Taco Seasoned Tofu (S), Vegan Mozzarella Cheese, Mexican Rice (S),Calabacitas, Corn Tortilla, Diced Tomato, Diced Onion, Shredded Lettuce. [Calories 5-690]

Dinner Vegetable Yakisoba (W,S), Vegan Teriyaki Chicken (S), Ginger Bok Choy (S,SS), Roasted Mushrooms [Calories 50-770]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns (S). [Calories 60-680]

Lunch Pork Carnitas, Steamed Coconut Rice (T), Zucchini Roasted Cotija, [Calories 80-500]

Dinner Huli Huli Chicken (S), Roasted Sweet Potato, Steamed Basmati Rice, Roasted Cauliflower [Calories 160-980]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg \& Cheese Croissant ( $\mathrm{M}, \mathrm{W}, \mathrm{E}, \mathrm{S}$ ), Bacon, Egg \& Cheese Croissant ( $\mathrm{M}, \mathrm{S}, \mathrm{W}, \mathrm{E}$ ). [Calories 80-1130] Lunch Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich ( $M, W, S$ ), Bacon Grilled Cheese ( $S, W, M$ ), Waffle Fries, Lettuce, Tomato, Onion, Pickle. [Calories 5-2580]

Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich ( $M, W, S$ ), Turkey Burger with Pepper Jack ( $S, W, M$ ), Shoestring Fries (S,W), Lettuce, Tomato, Onion, Pickle. [Calories 5-1745]

## PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M, W, E, S), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner Cheese ( $M, W, S$ ), Pepperoni ( $M, W, S$ ), Veggie ( $M, W, S$ ), Sausage (M, W,S,E). [Calories 290-360]

## CULINARY CREATIONS

Lunch/Dinner Chicken Tinga Rice Bowl; Chicken Tinga, Vegan Taco Chicken (S), Black Beans, Pinto Beans, Brown Rice, Peppers \& Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olive, Shredded Cheddar (M), Sour Cream (M), Chipotle Ranch, Salsa, Guacamole. [Calories 5-1410]

## CHOOLAAH

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Chickpea Masala, Veggie Croquettes (W) [Calories 124-761]
Dinner White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Paneer Cheese (M) [Calories 94-870]

FRIDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Breakfast Sandwich (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper \& Onion (S). [Calories 100-670]

Lunch Huli Huli Tofu (S), Fried rice (S), Seasoned Vegetables Stir Fry (S) Roasted Broccoli. [Calories 110-560]

Dinner Vegan Baked Potato Bar; Vegan Mozzarella Cheese, Steamed Broccoli Florets, Roasted Mushrooms, Roasted Cauliflower, Vegetarian Chili, Potatoes Baked Whole [Calories 40-720]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Turkey Bacon, Pork Sausage Link, Potatoes O'Brien. [Calories 60-760]

Lunch Seared Salmon with Citrus Sauce (F), Rice Pilaf, Roasted Asparagus, Honey Glazed Carrots (M) [Calories 100-660]

Dinner Fish Tacos (F,M) White Cilantro Lime Rice, Black Beans, Pineapple Salsa, Lime Crema, Shredded Cheddar (M) [Calories 20-655]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Egg \& Cheese English Muffin (M,W,E,S), Ham, Egg \& Cheese English Muffin (M,S,W,E). [Calories 80900]
Lunch Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich ( $\mathrm{M}, \mathrm{W}, \mathrm{S}$ ), Chicken Nuggets ( $\mathrm{W}, \mathrm{S}$ ), Tater Tots (S), Lettuce, Tomato, Onion, Pickle. [Calories 5-1715]

Dinner Grilled Marinated Chicken Sandwich (M,S,W), Hamburger (S), Grilled Cheese Sandwich (M,S,W), Mushroom Swiss Burger (S,W,M,F), Tater Tots, Lettuce, Tomato, Onion, Pickle [Calories 5-2860]

## PIECE OF THE PIE

Breakfast Silver Dollar Pancake ( $M, W, E, S$ ), Apple Topping, Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-420]

Lunch/Dinner Cheese ( $M, W, S$ ), Pepperoni ( $M, W, S$ ), Veggie ( $M, W, S$ ), Buffalo Chicken (M,W,S). [Calories 290-310]

## CULINARY CREATIONS

Lunch/Dinner Beef Fajita Rice Bowl: Beef Fajita, Taco Seasoned Tofu (S), Black Beans, Pinto Beans, Cilantro Lime Rice, Peppers \& Onions, Cilantro, Diced Tomatoes, Jalapenos, Black Olives, Shredded Cheddar, Sour Cream (M), Chipotle Ranch, Salsa [Calories 5-1,170]

## CHOOLAAH

Lunch White Basmati Rice, Tikka Masala (M), Chicken, Yellow Lentil Daal, Veggie Croquettes (W) [Calories 94-712]

Dinner White Basmati Rice, Tikka Masala (M), Chicken, Black Lentil Daal (M), Paneer Cheese (M) [Calories 116-892]

| W - Contains Wheat | S-Contains Soy | E-Contains Eggs |
| :---: | :---: | :---: |
| M-Contains Milk | P-Contains Peanuts | T- Contains rree Nuts |
| SF - Contains Shellfish | SS - Contains Sesame | F-Contains Fish |
| 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional Nutrition information available upon request. |  |  |

## SATURDAY

## FLASH'S PICK

Breakfast Made To Order Omelets; Egg (E), Egg White (E), Diced Ham, Bacon, Cheddar Cheese (M), Mozzarella Cheese (M), Spinach, Sliced Tomatoes, Peppers, Red Onion, Mushrooms. [Calories 5-530]

Lunch/Dinner Pasta Bar: Whole Wheat Penne (W), Marinara, Alfredo Sauce (W,S), Chicken, Bacon, Parmesan Cheese (M), Peppers, Sliced Onions, Sliced Mushrooms, Sliced Carrots, Garlic Breadsticks (W,S), Bowtie Pasta (W), Pesto (M). [Calories 51945]

## TWIST AND SPROUT

Breakfast Vegan Banana Pancakes (W,S), Vegan Sausage Patty, Tofu Scrambled Pepper \& Onion (S). [Calories 100-500]

Lunch Vegan Chicken Souvlaki (S), Pita bread (W), Vegan Mayo, Rice Steamed Basmati [Calories 90-770]

Dinner Chana Masala, Steamed Rice Basmati, Cauliflower Roasted Turmeric, Gatar Matar [Calories 75-695]

## WHEATLESS WAYS

Breakfast Scrambled Eggs (E), Bacon, Turkey Sausage Link, Shredded Hash Browns. [Calories 60-680]

Lunch Butter Chicken (M), Jasmine Rice, Cauliflower Raisins Turmeric, Garlic Blistered Green Beans [Calories 60-540]

Dinner Majo Pork, Spiced Black Beans, Brown Spanish Rice, Roasted Peppers \& Green Beans [Calories 90-845]

## FLASH'S GRILL

Breakfast Biscuit (M,S,W,E), Sausage Gravy (M,W), Sausage Breakfast Biscuit (W,S), Spinach Egg \& Cheese Biscuit (M,S,W,E). [Calories 80-1130] Lunch/Dinner Fried Chicken Sandwich (S,W), Turkey Burger (S), Grilled Cheese Sandwich (M,W,S), All Beef Hot Dot, Steak Fries (S), Lettuce, Tomato, Onion, Pickle [Calories 5-1655]

## PIECE OF THE PIE

Breakfast French Toast Bar; French Toast Sticks (M, W, E, S ), Apple Topping Cherry Topping, Blueberry Topping, Whip Cream. [Calories 25-440]

Lunch/Dinner Cheese ( $M, W, S$ ), Pepperoni ( $M, W, S$ ), Veggie ( $M, W, S$ ), Garlic (M,W,S). [Calories 290-350]

