

HOME

Breakfast	Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Bacon, Pork Sausage, Potatoes O'Brien Biscuits (E,W,S,M) and Gravy (S,W) [calories 60-890]
Lunch	Chicken Tenders (W), Peas and Carrots, Waffles (M,S,W), and Syrup [calories 40-610]
Dinner	Chicken Cacciatore, Herb Pasta (W), Mediterranean Roasted Vegetables and Herby Parmesan Roasted Squash and Lentils (M) [calories 180-970]

TRANSFORMATION

Lunch/Dinner	Baked Potato Bar with assorted toppings [calories 440-775]
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VEGAN

Breakfast	Tofu Scramble (S), Vegan Sausage (S) and Vegan Pancakes (S,W) [calories 100-500]
Lunch	Thai Coconut Curry (S,T-coconut), Jasmine Rice and Steamed Spiced Snap Peas [calories 40-340]
Dinner	Tofu and Potato Goulash (S), Brown Rice and Braised Red Cabbage [calories 100-530]

GLUTEN SOLUTIONS

Lunch	Grilled Marinated Chicken Breast (S), Mashed Potatoes, Corn, Steamed Spiced Broccoli [calories 40-480]
Dinner	Grilled Marinated Chicken Breast (S), Baked Bourbon Lentils (S), Roasted Baby Carrots with Thyme and Lemon Zest and Roasted Cauliflower with Apples and Pecans (T-pecans) [calories 50-900]

GRILL

Breakfast	Bacon, Egg, and Cheese English Muffin (M,S,W,E), Egg, Spinach and Cheese English Muffin (M,S,W,E) and Waffles (M,S,W) [calories 280-295]
Lunch	Grilled Cheese (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Waffle Fries [calories 210-670] Available upon request- Veggie Burger (S,W) [calories 280]
Dinner	Buffalo Chicken Nuggets (S,W), Hamburger with Cheddar Cheese (M,S,W) and Curly Fries (S,W) [calories 160-610] Available upon request- Veggie Burger (S,W) [calories 280]

PIZZA

Lunch/Dinner	Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), BBQ Chicken (M,S,W) [calories 165-325]
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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.