



Thursday

Menus subject to change.

HOME

- Lunch** Maple and Walnut Crusted Salmon (F,T-walnuts), Buttermilk Mashed Yukon Potatoes (M), Cranberry Brown Butter Brussels Sprouts (M), and Garlic and Parmesan Roasted Cauliflower (M) [calories 90-1280]
- Dinner** Chicken Parmesan (M,S,W), Spaghetti (W), Honey Glazed Carrots (M), Garlic Broccolini and Marinara [calories 80-860]

TRANSFORMATION

- Lunch/Dinner** Baked Potato Bar with assorted toppings [calories 210-1025]

VEGAN

- Breakfast** Tofu Hash (S), Vegan Sausage (S) and Vegan French Toast (S,W) [calories 100-450]
- Lunch** Lentil Sloppy Joe's (W), French Fries (S), Roasted Brussel Sprouts and Sugar Snap Peas and Baby Carrots [calories 70-872]
- Dinner** Huli Huli Tofu (S), Fried Rice (S,SS) and Stir Fry Vegetables (S) [calories 130-840]

GLUTEN SOLUTIONS

- Breakfast** Scrambled Eggs (E), Scrambled Egg Whites (E), Turkey Sausage, Pork Bacon and Hash Brown Patty (S) [calories 60-510]
- Lunch** Chicken Tinga, Mexican Rice (S), Calabacitas (M) and Spiced Green Beans [calories 35-570]
- Dinner** Roasted Lemon Thyme Chicken (S), Vegetable Dirty Rice, Herby Parmesan Roasted Squash and Lentils (M) and Roasted Cauliflower with Apples and Pecans (T-pecans) [calories 100-990]

GRILL

- Breakfast** Biscuits (E,W,S,M) and Gravy (S,W) [calories 280-360]
- Lunch** Grilled Cheese (M,S,W), Turkey Burger with Pepper Jack Cheese (M,S,W) and Tater Tots [calories 150-610]
Available upon request - Veggie Burger (S,W) [calories 280]
- Dinner** Corn Dog (S,W,M,E), Jalapenos Burger (M,S,W,SS) and Shoestring Fries (S,W) [calories 170-830]
Available upon request - Veggie Burger (S,W) [calories 280]

ACTION

- Lunch** Made-to-Order Stir Fry Bar [calories 130-910]
- Dinner** Made-to-Order Pasta Bar [calories 285-1200]

PIZZA

- Lunch/Dinner** Cheese (M,S,W), Pepperoni (M,S,W), Veggie (M,S,W), Sausage (M,S,W), BBQ Chicken (M,S,W), Caesar Salad (M,W,S,E,F - anchovies) [calories 165-325]

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.