

Weekly Lunch Menu

Daily Specials:

Turkey & Bacon with Provolone on Grinder (675 calories) \$5.00

Turkey Breast, turkey broth, bacon, sodium phosphate, vegetable oil, bacon, fresh pasteurized milk, cheese cultures, enzymes, enriched unbleached white flour, water, palm oil, habenero, and corn starch.

Contains: Dairy, Gluten & Soy

Jumbo Hot Dog (550 calories) \$5.00

Beef, seasoning, natural flavoring, enriched flour, malted barley flour, niacin, reduced iron, water, sugar, calcium sulfate, enzymes, wheat, salt, soybean oil, vinegar, yeast, milk, cheese cultures, cream and milk fat.

Contains: Dairy, Gluten & Soy.



Italian Sub (655 calories) \$5.50

Pork cured with water, salt, dextrose, sodium phosphates, sodium erythorbate, sodium nitrite, enzymes, fresh pasteurized milk, cheese cultures, garlic, flour, calcium sulfate, acid, and sugar

Contains: Dairy, Gluten, Soy, Mustard.

Meatball Grinder (550 calories) \$5.50

Tomatoes, Sugar, Salt, Extra Virgin Olive Oil, Sunflower Oil, Modified Food Starch, Onion Powder, Garlic Powder, Spices, Citric Acid, Enriched Flour, Parmesan/Romano and Provolone Cheese, Pasteurized Milk, Soy Protein. Contains: Dairy, Gluten & Soy.



Cheeseburger (485 calories) \$5.00

Beef, seasoning, natural flavors, enriches flour, malted barley flour, niacin, reduced iron, water, sugar, calcium sulfate, enzymes, wheat, salt, soybean oil, vinegar, yeast, milk, cheese cultures, cream and milk fat

Contains: Dairy, Gluten & Soy.

Buffalo Chicken Wrap (350 calories) \$5.00

Chicken, corn syrup, salt, pasteurized grade A milk, bleu cheese, aged cayenne red peppers, lettuce, high fructose corn syrup, distilled vinegar, garlic, onion, red bell pepper, black pepper, lemon oil, celery seed, wheat flour, water, sugar, yeast, malt and corn starch. Contains: Dairy, Gluten & Soy.



Chicken Tenders (320 calories) \$5.50

Rib meat, water, seasoning, sodium phosphate, modified food starch, wheat flour, bleached wheat sodium, yeast extract, vegetable oil, extract lves of paprika, Annette, and turmeric. Contains: Gluten.

Ham & American Cheese on Bulkie (465 calories) \$5.00

Pork cured with water, salt, dextrose, sodium phosphate, sodium erythorbate, sodium nitrite, fresh pasteurized milk, cheese cultures, enriched unbleached white flour, yeast, soybean oil, corn flour, turmeric, paprika and sugar. Contains: Dairy, Gluten & Soy.



Tuna Salad with American on Bulkie (445 calories) \$5.00

Tuna, egg, water, salt, celery, pepper, distilled vinegar, enriched flour, yeast, soybean oil, corn flour, turmeric, paprika and sugar. Contains: Dairy, Gluten, Soy & Fish.

Cheese or Buffalo Chicken Pizza (650/700 calories) \$5.50

Cheddar cheese, tomato, water, seasoning, enriched white flour, yeast, salt, vegetable oil, egg, chicken, buffalo sauce, soy. Contains: Dairy & Gluten, Soy



Served Everyday:

Peanut Butter & Jelly Sandwich (450 calories) \$3.00

Peanuts, dextrose, hydrogenated vegetable oil, salt, Concord grape juice, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate, unbleached enriched wheat flour, water, yeast, sugar, calcium sulfate, vinegar, dough conditioners, soy lecithin, & wheat starch. Contains: Gluten, Soy & Peanuts.

Chicken Caesar Salad (250 calories) \$5.50

Chicken, lemon pepper seasoning, corn syrup, salt, vinegar, pasteurized grade A milk, Parmesan cheese, croutons, lettuce, high fructose corn syrup, distilled vinegar, garlic, onion, red bell pepper, black pepper, lemon oil and celery seed. Contains: Dairy & Gluten.

Garden Salad (250 calories) \$4.50

Green leaf lettuce, grape tomatoes, cucumber, peppers and red onions

Chef Salad (350 calories) \$5.50

Turkey, ham, American cheese, egg, red onions, tomato, bell peppers, cucumber, and green leaf lettuce

Veggie Pocket (250 calories) \$4.50

Steamed Chickpeas, sesame tahini, sunflower oil, olive oil, garlic, citric acid, cumin, guar gum, bell peppers, tomatoes, onions, cucumbers, zucchini, unbromated unbleached enriched wheat flour, reduced iron, riboflavin, folic acid, water, sugar, yeast, salt, and malt. Contains: Gluten.

All daily & weekly lunch items listed above include

Cheez-It Crackers, Cookies & Bottled Water

Breakfast Items: (Served Daily)

Bacon, Egg & Cheese on English Muffin with Milk or Water (505 calories) \$3.50

Egg, bacon, pasteurized milk, cultures, salt, enzymes, unbleached enriched wheat flour, malted barley flour, yeast, soybean oil, yellow cornmeal flour, malt flour, lactic acid, turmeric, paprika and sugar. Contains: Dairy, Gluten & Soy.

Jumbo Muffin (300 calories) \$3.50

Blueberries or chocolate chips, Enriched bleached flour, sugar, palm and soybean oil, dextrose, less than 2% of baking soda, mono calcium phosphate, sodium aluminum phosphate, defatted soy flour, salt, food starch, natural and artificial flavors. Contains: Dairy, Gluten & Soy.

Mixed Fruit Cup (100 calories) \$3.00

An assortment of honeydew, cantaloupe, pineapple and grapes.

Milk/Chocolate Milk \$0.75

Bottled Water \$0.75