BREAKFAST

PICK 1 ENTREE:

OPTION 1: Cereal with Milk 120–250 cal
OPTION 2: Belgian Waffle 260 cal
OPTION 3: Breakfast Sandwich

Monday
Bacon, Egg & Cheese Croissant 420 cal
Egg & Spinach Croissant 580 cal

Tuesday
Bacon, Egg & Cheese Biscuit 500 cal
Egg & Cheese Biscuit 300 cal

Wednesday
Egg, Sausage & Cheese Biscuit 390 cal
Spicy Veggie Sausage Biscuit 450 cal

Thursday
Maple Ham, Egg & Cheese Croissant 470 cal
Egg & Spinach Croissant 580 cal

Friday
Banh Mi Sandwich 370 cal
Egg & Cheese Muffin 240 cal

Saturday
Egg, Ham & Cheddar Croissant 455 cal
Egg & Spinach Croissant 580 cal

Sunday
Everything Spice Egg Croissant 460 cal
Egg, Sausage & Cheese Croissant 620 cal

PICK 1 PREMIUM:

Iced Cinnamon Roll
345 cal
Banana Bar
310 cal

PICK 1 SIDE:

Fruit Cup
110 cal
Berry Parfait
410 cal

CHOICE OF WHOLE FRUIT

Banana, Apple or Orange
60–170 cal

Meal Swipe
Choice of Entrée + 1 Premium Side + 1 Side + Choice of Fruit + Beverage

Combo ($9.25)
Choice of Entrée + 1 Premium Side + 1 Side + Choice of Fruit

$5 Favorite
Choice of Entrée + Beverage

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
LUNCH & DINNER

**7” PIZZAS:**
- Cheese 557 cal
- Grilled Vegetable 622 cal
- Pepperoni 634 cal
- Meatlovers 765 cal

**CREATE YOUR OWN PASTA:**
- **PICK YOUR PASTA:**
  - Penne 50 cal
  - Linguine 60 cal
  - Cheese Ravioli 107 cal
- **PICK YOUR SAUCE:**
  - Pesto Alfredo 49 cal
  - Alfredo 30 cal
  - Marinara 25 cal
- **PICK YOUR PROTEIN:**
  - Grilled Italian Sausage 245 cal
    *available Monday, Wednesday, Friday & Sunday
  - Herb Grilled Chicken 132 cal
  - Garlic Butter Shrimp 106 cal
    *available Tuesday, Thursday & Saturday
  - Deep Fried Eggplant 156 cal

**PICK 1:**
- Fruit Cup 40 cal
- Caprese Salad 150 cal
- Grilled Asparagus 40 cal
- Garlic Bread 184 cal

**PICK 2:**
- Greek Salad 115 cal
- Roasted Brussel Sprouts 35 cal
- Italian Roasted Potatoes 100 cal
- Tiramisu 320 cal
- Cannoli Cookie 374 cal

**Meal Swipe**
Choice of Pizza or CYO Pasta + 1 Premium Side + 2 Sides + Beverage

**Combo ($11.62)**
Choice of Pizza or CYO Pasta + 1 Premium Side + 2 Sides

**$5 Favorite**
Choice of Pasta & Choice of Sauce + Beverage

**Drinks ($1.99)**
Coke, Sprite, Diet Coke, Coke Zero, Water 0–240 cal