## BREAKFAST

### PICK 1:
- Cereal w/ Milk 120–250 cal
- Waffle 255 cal
- Vegetable Frittata 266 cal

### PICK 1:
- Fruit Cup 58 cal
- Berry Parfait 294 cal
- Cinnamon Roll 345 cal
- Blueberry Muffin 357 cal

### PICK 1:
- Banana 90–110 cal
- Apple 80–120 cal
- Orange 60–100 cal
- Seasonal Fruit 60–120 cal

### Meal Swipe
Choice of Entree + 1 Premium Side + 1 Bakery Item + 1 Side + Beverage

### Combo ($9.25)
Choice of Entree + 1 Premium Side + 1 Bakery Item + 1 Side

### $5 Favorite
3-Pancakes + Fountain Drink or Coffee

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 Parfait 320 cal
- Cannoli 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