Monday Week 1 Entrée:
Herb Baked Chicken (220 Calories)
Black Bean Stuffed Bell Peppers (170 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Monday Week 1 Sides:
Herb Roasted Potatoes (100 Calories)
Steamed Seasoned Broccoli (20 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
    Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
    Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (230-530 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (230-530 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Tuesday Week 1 Entrées:
Brazilian Black Bean Pork (240 Calories)
Seasoned Chicken Breast (160 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Tuesday Week 1 Sides:
Baked Potatoes (130 Calories)
Zucchini & Tomato (20 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
    Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
    Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (230-570 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (230-570 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Wednesday Week 1 Entrées:
Seasoned Roast Beef (120 Calories)
Montreal Grilled Chicken Tenders (240 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Wednesday Week 1 Sides:
Grilled Red Potatoes (170 Calories)
Fresh Steamed Vegetables (15 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
  Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
  Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (170-610 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (170-610 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99
All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29
$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)
Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Thursday Week 1 Entrées:
Grilled Indian Spice Chicken (160 Calories)
Aloo Gobi (180 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Thursday Week 1 Sides:
Basmati Rice (130 Calories)
Seasoned Zucchini (15 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
   Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
   Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (210-490 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (210-490 Calories)
   $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
   $10.99
All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29
$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)
Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Friday Week 1 Entrées:
Baked Chipotle Orange Chicken (190 Calories)
Baked Ham (110 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Friday Week 1 Sides:
Roasted Sweet Potatoes (100 Calories)
Southwest Green Beans (45 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
    Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
    Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (190-500 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (190-500 Calories) $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories) $10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Saturday Week 1 Entrées:
Cajun Roasted Pork Loin (220 Calories)
Blackened Chicken (160 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Saturday Week 1 Sides:
Brown Confetti Rice (120 Calories)
Lemony Sugar Snap Peas (40 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
   Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
   Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (240-540 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (240-540 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Sunday Week 1 Entrées:
Baked BBQ Rubbed Chicken (200 Calories)
Lyonnaise Potatoes (130 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Sunday Week 1 Sides:
Vegetarian Baked Beans (160 Calories)
Collard Greens (50 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
  Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
  Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (210-560 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (210-560 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Combo Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes and Combos come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Monday Week 2 Entrée:
Baked Chicken Cacciatore (180 Calories)
Pork Puttanesca (190 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Monday Week 2 Sides:
Gluten Free Pasta (100 Calories)
Steamed Seasoned Broccoli (20 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
  Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
  Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (240-500 Calories)

Create Your Own Entrée Salad w/Choice of Dressing,
Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (240-500 Calories)
$11.99

Create Your Own Entrée Salad w/Choice of Dressing,
Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of
Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Tuesday Week 2 Entrées:
Mediterranean Pot Roast (250 Calories)
Greek Chicken (160 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Tuesday Week 2 Sides:
Roasted Garlic Potatoes (100 Calories)
Steamed Green Beans (30 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
   Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
   Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (320-630 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (320-630 Calories)
   $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
   $10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
**Wednesday Week 2 Entrées:**
Oven Roasted Turkey (130 Calories)
Baked Ham (110 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

**Wednesday Week 2 Sides:**
Baked Sweet Potato (120 Calories)
Braised Cabbage (90 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
   Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
   Apple|Pear|Banana

**Meal Swipes:**
Choice of any Entrée w/two Sides (190-450 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

**Combos:**
Choice of any Entrée w/two Sides (190-450 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

**Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)**

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Thursday Week 2Entrées:
Chicken Verde (240 Calories)
Black Bean Sofrito (190 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Thursday Week 2 Sides:
Roasted Brussels Sprouts (35 Calories)
Seasoned Zucchini (60 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (260-550 Calories)

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (260-550 Calories)
$11.99

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Friday Week 2 Entrées:
Beef Goulash (130 Calories)
Vegetable Moroccan Stew (70 Calories)
Enterée Salad w/Choice of Dressing (40-1200 Calories)

Friday Week 2 Sides:
Steamed Rice (130 Calories)
Fresh Steamed Vegetables (20 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
  Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
  Apple|Pear|Banana

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.

Meal Swipes:
Choice of any Entrée w/two Sides (130-360 Calories)

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (130-360 Calories)
$11.99

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)
Saturday Week 2 Entrées:
Baked Chicken Tenders (260 Calories)
Vegan penne Casserole (150 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Saturday Week 2 Sides:
Capri Vegetables (20 Calories)
Italian Roasted Vegetables (100 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eyed Pea Salad** (60 Calories)
Cookie (180-200 Calories)
Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
Apple|Pear|Banana

Meal Swipes:
Choice of any Entrée w/two Sides (110-570 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (110-570 Calories) $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories) $10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.
Sunday Week 2 Entrées:
BBQ Grilled Pork Chop (160 Calories)
Jerk Chicken (220 Calories)
Entrée Salad w/Choice of Dressing (40-1200 Calories)

Sunday Week 2 Sides:
Baked Potatoes (130 Calories)
Kale & Onion (35 Calories)
Fruit Salad (8oz)** (110 Calories)
Tomato Cucumber & Radish Salad** (35 Calories)
Avocado Salad** (40 Calories)
Black Eye Pea Salad** (60 Calories)
Cookie (180-200 Calories)
  Snickerdoodle|Sugar|Vanilla Graham
Whole Fruit (60-100 Calories)
  Apple|Pear|Banana

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information is available upon request.

Meal Swipes:
Choice of any Entrée w/two Sides (230-530 Calories)
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)

Combos:
Choice of any Entrée w/two Sides (230-530 Calories)
$11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup (40-1310 Calories)
$10.99

All Entrees a la carte - $5.99
All Sides a la carte - $1.99
All premium** a la carte Sides- $2.29

$5 Favorite Fruit Cup and Tomato Cucumber & Radish Salad (150 Calories)

Meal Swipes, Combos, and Favorite come w/Choice of Fountain Drink (0-240 Calories)