Monday’s Entrees:
Zoodles with Hearty Meat Sauce 130 Calories
Italian Lentil Salad 65 Calories

Monday’s Sides:
Sautéed Kale & Brussels Sprouts 100 Calories
Steamed Seasoned Broccoli 20 Calories
Fruit Salad (8oz) 110 Calories
Tomato, Cucumber & Herb Salad 35 Calories
Avocado Salad 50 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink
Tuesday's Entrees:
Beef Taco 185 Calories
Southwest Grain Bowl 480 Calories
Pork Chili Verde 115 Calories

Tuesday's Sides:
Zucchini & Tomatoes 40 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 1
**Wednesday's Entrees:**
Grilled Salmon 140 Calories
Chicken Tenders 250 Calories

**Wednesday’s Sides:**
Herb Roasted Potatoes 100 Calories
Steamed Mixed Vegetables 25 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

**Always Available**
Make your own Salad 100-900 calories

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**Meal Swipes:**
Choice of any Entrée w/two Sides and Fountain Drink
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

**Combos:**
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $10.99

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

**$5 Combo** Fruit Cup or Side Salad with Drink

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Week 1
**Thursday’s Entrees:**
Grilled Indian Spiced Chicken 165 Calories
Aloo Gobi 90 Calories

**Thursday’s Sides:**
Basmati Rice 135 Calories
Seasoned Fresh Zucchini 15 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

**Always Available**
Make your own Salad 100-900 calories

**Meal Swipes:**
Choice of any Entrée w/two Sides and Fountain Drink

**Combos:**
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 1
Fridays’ Entrees:
Baked Chipotle Orange Chicken 195 Calories
Vegan Baked Penne Casserole 145 Calories

Friday’s Sides:
Lemon Garlic Broccoli 30 Calories
Quinoa 130 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 1
Saturday’s Entrees:
Hearty Lentil and Potato Soup 65 Calories
Chicken with Cacciatore Sauce 180 Calories

Saturday’s Sides:
Roasted Root Vegetables 65 Calories
Gluten Free Penne 100 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 1
Sunday’s Entrees:
Hamburger 285 Calories
Grilled Salmon 140 Calories

Sunday’s Sides:
Cajun Grilled Baked Potato 95 Calories
Grilled Vegetables 50 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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**Monday's Entrees:**
Black Bean Stuffed Pepper 170 Calories
Turkey Burger 310 Calories

**Mondays' Sides:**
Sweet Potato & Poblano Salad 90 Calories
Garden Vegetables 15 Calories
Fruit Salad 40 Calories
Garbanzo Bean Salad 90 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

**Always Available**
Make your own Salad 100-900 calories

**Meal Swipes:**
Choice of any Entrée w/two Sides and Fountain Drink

**Combos:**
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $10.99

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

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Tuesday’s Entrees:
- Cilantro-Lime Pulled Chicken 185 Calories
- Brazilian Black Bean Roasted Pork 240 Calories
- Taqueria Salad 275 Calories

Tuesday’s Sides:
- Cilantro Lime Rice 125 Calories
- Garden Vegetables 15 Calories
- Fruit Salad 40 Calories
- Corn Chips 160 Calories
- Tomatillo Salsa Guacamole 30 Calories
- Tomato Cucumber & Herb Salad 35 Calories
- Avocado Salad 40 Calories
- Cookie 90-400 Calories
- Whole Fruit 50-160 Calories

Always Available
- Make your own Salad 100-900 calories

Meal Swipes:
- Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
- Choice of any Entrée w/two Sides and Fountain Drink - $11.99
- Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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**Wednesday's Entrees:**
Seasoned Roast Beef 125 Calories
Chicken Tenders 250 Calories

**Wednesday's Sides:**
Grilled Red Potatoes 175 Calories
Steamed Mixed Vegetables 25 Calories
Fruit Salad 40 Calories
Black-Eyed Pea Salad 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

**Always Available**
Make your own Salad 100-900 calories

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**Meal Swipes:**
Choice of any Entrée with two Sides and Fountain Drink

**Combos:**
Choice of any Entrée with two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad with Choice of Dressing, Fruit Cup and Fountain Drink - $10.99

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$5 Combo Fruit Cup or Side Salad with Drink
Thursday’s Entrees:
Grilled Lemon Herb Pollock 195 Calories
Thai Chicken Lettuce Wraps 65 Calories

Thursday’s Sides:
Seasoned Fresh Zucchini 15 Calories
Lemon Herbed Beet Salad 105 Calories
Fruit Salad 40 Calories
Quinoa Tabbouleh 160 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 2
Friday’s Entrees:
Grilled Salmon 140 Calories
Southwest Grain Bowl 480 Calories

Friday’s Sides:
Balsamic Roasted Vegetables 75 Calories
Lemon Herbed Beet Salad 105 Calories
Fruit Salad 40 Calories
Mediterranean White Bean Salad 90 Calories
Southwest Green Beans 50 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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**Saturday’s Entrees:**
Blackened Chicken 160 Calories
Bacon, Chickpea & Tomato Penne 315 Calories

**Saturday’s Sides:**
Calabacitas 50 Calories
Brown Rice 120 Calories
Fruit Salad 40 Calories
Lemon Sugar Snap Peas 40 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

**Always Available**
Make your own Salad 100-900 calories

**Meal Swipes:**
Choice of any Entrée w/two Sides and Fountain Drink
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

**Combos:**
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 2
Sunday’s Entrees:
BBQ Chicken Drumstick 200 Calories
Roasted Buffalo Cauliflower 75 Calories

Sunday’s Sides:
Vegetarian Baked Beans 155 Calories
Fresh Collard Greens 55 Calories
Fruit Salad 40 Calories
Grilled Italian Vegetables 60 Calories
Tomato Cucumber & Herb Salad 35 Calories
Avocado Salad 40 Calories
Cookie 90-400 Calories
Whole Fruit 50-160 Calories

Always Available
Make your own Salad 100-900 calories

Meal Swipes:
Choice of any Entrée w/two Sides and Fountain Drink

Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink

Combos:
Choice of any Entrée w/two Sides and Fountain Drink - $11.99
Create Your Own Entrée Salad w/Choice of Dressing, Fruit Cup and Fountain Drink - $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 or Side Salad with Drink

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Week 2