

BREAKFAST & SNACK

Breakfast served with ½ cup vegetables or fruit.
Offered with potato rounds & *milk.

- W.G. Bagel w/Cream Cheese
(W.G. Plain, Blueberry, or Cinnamon)
- Cereal Bowl & String Cheese (Apple Jacks, Cheerios, Cinnamon Toast Crunch, Frosted Flakes, or Fruit Loops)
- Breakfast Bar (Banana Chocolate, Chocolate Chip, or Apple Cinnamon)
- Breakfast Burrito (House Special or Bean & Cheese)
- English Muffin Egg Sandwich w/Canadian Bacon, Egg, & Cheese
- Sausage Breakfast Pizza
- W.G. Cinnamon Roll or Cinnamon Crumb Square
- W.G. Cinnamon Toast w/String Cheese
- W.G. Double Chocolate Chip Muffin
- Yogurt Parfait Cup (Yogurt, Fruit, & Granola)

MANAGER'S SPECIAL

- MONDAY**
Beef BBQ Ribs Sandwich on W.G. Hoagie
- TUESDAY**
Edamame Kung Pao Chicken w/ Brown Rice, or Lavash Wrap w/ Baked Chips (Southwest or Turkey Cranberry w/ Cream Cheese)
- WEDNESDAY**
Mandarin Orange Chicken w/ Chow Mein or Bean & Cheese Pupusa w/ Cabbage Salad
- THURSDAY**
White Meat Chicken Nuggets w/ W.G. Roll, or Lavash Wrap w/ Baked Chips (Tuna, Southwest, or Turkey Cranberry w/ Cream Cheese)
- FRIDAY**
Turkey Hot Dog on W.G. Bun

DAILY LUNCH SPECIALS

All entrees are served with ½ cup vegetables or fruit.
Offered with *milk.

- Pizza (Pepperoni, Cheese, Hawaiian, Pepperoni & Jalapeno, or Veggie)
- Salad & W.G. Hawaiian Roll (Turkey & Cheese or Turkey Ham & Cheese)
- Deli Sandwich & Baked Chips (Turkey & Cheese, Turkey Ham & Cheese, or Tuna)
- Chicken Patty Sandwich (Spicy or Regular)
- Bean & Cheese Burrito
- Panini Sandwich on W.G. w/Baked Chips (Turkey & Cheese, Turkey Ham & Cheese, & Cheese)
- Nacho Plate (Taco Meat, Cheese Dip & W.G. Corn Tortilla Chips)
- Trail Runner Pack (Yogurt, String Cheese, Muffin, Dried Cranberries, Sunflower Seeds, & Baby Carrots)
- Louisiana Hot Link on W.G. Bun
- Hamburger on W.G. Bun
- Cheeseburger on W.G. Bun
- Bacon Hamburger on W.G. Bun
- Bacon Cheeseburger on W.G. Bun
- Veggie Burger on W.G. Bun

All Entrées Served With:
½ cup vegetable or seasonal fresh/ chilled fruit
&
Offered With:
*Milk (1%white or nonfat chocolate)

THEME BAR SPECIALS

Served with ½ cup vegetables or fruit.
Offered with *milk.

- MONDAY-Fajita Bar**
Chicken Fajita w/ W.G. Tortilla, Spanish Rice, Shredded Cheese, Black Beans & Pinto Beans
- TUESDAY-Taco Bar**
Seasoned Ground Beef w/ W.G. Tortilla, Spanish Rice, Shredded Cheese, Black Beans & Pinto Beans
- WEDNESDAY-Chicken Nuggets & Buffalo Bar**
White Meat Chicken Nuggets or Buffalo Chicken w/ Mashed Potatoes, Corn Kernels, & W.G. Hawaiian Roll
- THURSDAY-Pasta Bar**
Baked W.G. Pasta w/ Meat Sauce & W.G. Parmesan Bread Stick
- FRIDAY-Asian Bar**
Teriyaki Beef Dunkers, Chicken Teriyaki, or Mandarin Orange Chicken w/ W.G. Chow Mein or Brown Rice

VEGETABLE OF THE DAY

MONDAY	ROMAINE SALAD
TUESDAY	SWEET POTATO ROUNDS
WEDNESDAY	CORN & BEAN CONFETTI SALSA
THURSDAY	POTATO ROUNDS
FRIDAY	BABY CARROTS

☐ A complete meal includes 3 of the 5 Food Groups.
 ○ Group 1: Vegetables, Group 2: Fruit, Group 3: Grains, Group 4: Protein, Group 5: Milk.
 ○ Group 3 and 4 are combined to make an Entrée such as Sandwiches, Burritos, Pizzas, and Hamburgers. All you need is a ½ cup vegetable and/ or fruit to make it a complete meal.
 ☐ ALL MEALS MUST INCLUDE A MINIMUM OF ½ CUP VEGETABLES AND/OR ½ CUP FRUIT.
 ☐ Additional Vegetables and Fruit are offered daily.