

December 2009

Daily Specials at the Deli

Monday:

Italian Sub
Mediterranean Pita

Tuesday:

Chicken Salad Wrap
Egg Salad Sandwich

Wednesday:

BLT on Whole Wheat
Hummus Wrap

Thursday:

Turkey and Cheese on Bun
Mozzarella and Tomato Panini

Friday:

Ham Bagel Sandwich
Eggplant & Goat Cheese Sandwich

A la Carte Sandwich \$2.75

All Meal Combo's only 4.25

- Hot Entrée Meal Combo
Your choice of entrée with 2 sides and a drink
- Deli Meal combo
Deli Sandwich, side and a drink
- Salad Bar Combo
Large salad, side, and a drink
- Grab and Go Combo #1
Chicken Caesar Salad and a Drink
- Grab and Go Combo #2
Yogurt Parfait, side, and a Drink
- Grab and Go Combo #3
Sandwich or wrap, side and a Drink

Mon	Tue	Wed	Thu	Fri
	1 Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Turkey Chili Ice Cream Sandwiches	2 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Saute Vegetable and Orzo Soup Fresh Fruit	3 Chicken Strips Macaroni & Cheese Corn on the Cob Peas and Carrots Chicken Noodle Soup Sugar Cookies	4 Hamburger or Veggie Burger Steak Fries Baked Beans Baked Potato Soup Fresh Fruit
7 Grilled Cheese on White or Wheat Bread Warm Cinnamon Apple-sauce Broccoli Florettes Tomato Soup	8 Popcorn Chicken Sweet & Sour Sauce on side Vegetarian Egg Rolls Brown Rice Medley of Vegetables Chicken Orzo Soup	9 Corn Dog Eggo Muffin with Cheese Home Fried Potatoes Italian Green Beans Broccoli Cheddar Soup Fresh Fruit	10 Chicken or Vegetarian Paella Caprise Blend Veggies Corn Bread Chicken Tortilla Soup Double Choc. Chip Cookie	11 Chicken or Eggplant Parmesan Whole Wheat Pasta with Marinara Italian Vegetable Blend N. E. Clam Chowder
14 Sliced Turkey & Stuffing Or Vegetable Napoleon Sweet Potatoes Sweet Kernel Corn Italian Wedding Soup	15 Meatball Hoagie Veggie Cacciatore Celery & Carrot Sticks Italian Green Beans Beef Barley Soup Slushies	16 Grilled Chicken Breast on Whole Wheat Bun General Tso Tofu Tri Tater Patty Peas & Carrots Zesty Turkey Chili Fresh Fruit	17 Hot Dog on a Bun Texas Grilled Cheese Steak Fries Broccoli Florettes Chicken Noodle Soup Pumpkin Pie	18 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Saute Baked Potato Soup
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	

Super choices for sides everyday!

Hot side of the day, soup, side salad, fruit, dessert of the day, veggie sticks, small salad bar

Hot meal at a carte pricing:

Entrée.....\$2.00
Side dish.....\$.85
Soup...\$1.00/\$1.50
Dessert.....\$.85