

January 2010

Daily Specials at the Deli

Monday:

Italian Sub
Mediterranean Pita

Tuesday:

Buffalo Chicken Wrap
Egg salad sandwich

Wednesday:

BLT on Whole Wheat
Hummus Wrap

Thursday:

Turkey and Cheese Sub
Mozzarella & 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 HAPPY NEW YEAR!
4 Grilled Chicken Fajita or Vegan Fajita with Beans and Crumbles Mexican Rice Steamed Corn Italian Wedding Soup Fresh Fruit	5 Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Vegetable and Orzo Soup Cupcakes	6 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Saute Thick & Zesty Turkey Chili Fresh Fruit	7 Chicken Strips Macaroni & Cheese Corn on the Cob Peas and Carrots Chicken Noodle Soup Fruit Nibbles	8 Hamburger or Veggie Burger Steak Fries Baked Beans Baked Potato Soup Fresh Fruit
11 Baked Potato w/ Cheese or Broccoli and Cheese. Cinnamon Applesauce Steamed Corn Tomato Soup Fresh Fruit	12 Popcorn Chicken S&S side Vegetarian Egg Rolls Brown Rice Medley of Vegetables Chicken Orzo Soup Choc chip cookies	13 Corn Dog Peanut Butter & Jelly French Toast Home Fried Potatoes Escalloped Apples Broccoli Cheddar Soup	14 Chicken or Vegetarian Paella Broccoli Florettes Corn Bread Chicken Tortilla Soup Jello	15 NO SCHOOL
18 NO SCHOOL	19 Meatball Hoagie Veggie Cacciatore Celery & Carrot sticks Italian Green Beans Vegetable and Orzo Soup Ice Cream Sandwich	20 Pirogies Macaroni & Cheese Asst. Fresh Veggies Peas & Carrots Zesty Turkey Chili Fresh Fruit	21 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Saute Thick & Zesty Turkey Chili Apple Pie	22 Fish Sticks Macaroni & Cheese Hush Puppies Roasted Vegetables Baked Potato Soup Fresh Fruit
25 Broccoli Alfredo Pasta Whole Wheat Ziti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Tomato Soup Fresh Fruit	26 Chicken Strips Veggie Stir Fry Sticky Rice Fortune Cookies Chicken Orzo Soup Slushies	27 Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Fresh Fruit	28 Italian Hoagie Vegetable Hoagie Steak Fries Broccoli Florettes Chicken Noodle Soup Sugar Cookies	29 Sloppy Joe Veggie Riblet Sandwich Corn on the Cob Steak Fries Minestrone Soup Fresh Fruit

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