THS EXPRESS MENU



Sandwich Station

Fresh Options Cooler

Fruit and Veggie Express

Served on Whole Grain Buns

Breaded Chicken

Spicy Chicken

Grilled Chicken

Cheeseburgers

Hamburgers

Soft Pretzels w/ cheese sauce Nacho Chips w/ cheese sauce

Fresh Crispy French Fries include fruits, veggies* and milk

Fresh Veggie Cup

Fruit Cup *(12-28)

Premade Assorted Salads*

Jammer Slammer*

w/ Cheese Stick and goldfish crackers

Yogo W/ cheese stick and gold fish crackers

Cheese crackers and grapes*

Yogurt and Jammer meal include fruits and veggies* and milk

Fresh and crisp salad spring and romaine blends,

top with a variety of fresh vegetables including shredded carrots, diced cucumbers, radishes, celery

diced tomatoes and many others

Fresh seasonal fruits available

Many hot vegetables offered everyday

Fresh Sandwich topping bar:

Sliced tomatoes, lettuce, onions and pickles



Tate of Italy

Selection of hot Italian options
Cheese Pizza
Pepperoni Pizza



What makes a lunch:

All entrée choices include 1/2 cup fruit and 1/2 cup vegetable choice, offered in 1/2 cup servings,

Milk is also included.

Entrées often contain 2 items, protein and grain
Only 3 items need to be selected to get the value lunch price.
TAKE ALL 5 FOR THE BEST DEAL IN TOWN!

Hot Breakfast:

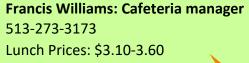
Mon: French Toast Sticks
Tues: Pancake on a Stick

Wed: Breakfast Pizza Thurs: Apple or Cherry

Frudel

Fri: Sausage egg and

cheese Bagel



Extra Milk \$.50

Entrée price: \$2.60-\$3.00

Sides \$.50

Deal of day is lunch with up to 5 items including milk

Check out our new interactive web site for detailed nutrition updates.

ALLERGENS LISTED



Beverage Bank

Milk 1% white and chocolate
Fat Free Strawberry Milk
Water
Flavored Water
Assorted 100% Juice Drinks