**Salads**

**Autumn Salad**
Grilled chicken, walnuts, craisins, chopped apples and pears, topped with blue cheese and a homemade honey balsamic. All on a bed of fresh romaine and spinach.

**Build Your Own Salad**
- **Meat:**
  - Virginia Ham
  - Roasted Turkey
  - Grilled Chicken
  - Crispy Chicken
- **Cheese:**
  - Cheddar
  - Mozzarella
  - Feta
  - Bleu
- **Fruit:**
  - Strawberries
  - Blueberries
- **Toppings:** (Select all that apply)
  - Craisins
  - Croutons
  - Sunflower Seeds
  - Avocado
  - Bacon
  - Walnuts
- **Dressings:**
  - Honey Balsamic
  - Raspberry Vinaigrette
  - Ranch
  - Italian

**“Re-Heat” Options**

**$5.05**

**Chicken and Roasted Vegetable Pasta**
Creamy, homemade garlic Alfredo or Pesto sauce, grilled chicken, and freshly roasted squash and brussel sprouts. This dish is prepared and then cooled for delivery. This meal needs to be re-heated to 160 degrees before consumption.

**Sandwiches & Wraps**

**Winter Wrap**
Sliced Virginia ham, bacon crumbles, diced red onion, chopped apples, Gouda cheese, honey mustard and lettuce rolled up in a honey wheat wrap.

**Build Your Own Sandwich**
- **Bread:**
  - Cranberry Walnut Bread
  - White/Italian
  - Honey Wheat
- **Meat:**
  - Roast Beef
  - Grilled Chicken
  - Virginia Ham
  - Roasted Turkey
- **Cheese:**
  - Yellow American
  - Provolone
  - Cheddar
  - Swiss
- **Topper:**
  - LTO
  - (In a separate bag you get a slice of tomato, red onion rings and some lettuce)

**Ala Carte**

**$1.50**

**Beverages**
- 20oz Water
- Diet Coke
- Diet Pepsi

**$3.00**

**Lite Lunch & Side Salads**
- Yogurt Parfait w/ fruit and granola
- Caesar Side salad
- Tuna salad stuffed tomato

**Dessert**
- Jumbo Chocolate Chip or Peanut Butter Cookie

**$1.50**

All order must be in by 8:00 AM for same day Lunch orders. This helps the Food Service crew ensure everything is fresh and ready for lunch time!