



All order must be in by 8:30 AM for same day Lunch orders. This helps the Food Service crew ensure everything is fresh and ready for lunch time!

\$5.05
Salads



Chef Salad

A romaine salad mix topped with ham, turkey, cheddar cheese, red onion, cucumber, tomato, and hard-boiled egg. Served with ranch dressing.

Build Your Own Salad

Meat:

- Virginia Ham (30 cal.)
- Roasted Turkey (37 cal.)
- Grilled Chicken (29 cal.)
- Crispy Chicken (32 cal.)

Cheese:

- Cheddar (100 cal.)
- Mozzarella (85 cal.)
- Feta (99 cal.)
- Bleu (120 cal.)

Fruit:

- Strawberries (12 cal.)
- Blueberries (15 cal.)

Toppings: (Select all that apply)

- Craisins (42 cal.)
- Croutons (30 cal.)
- Sunflower Seeds (93 cal.)
- Avocado (70 cal.)
- Bacon (54 cal.)
- Walnuts (98 cal.)

Dressings:

- Raspberry Vinaigrette (85 cal.)
- Ranch (160 cal.)
- Italian (85 cal.)

\$5.05

Sandwiches & Wraps



Turkey Apple Swiss

Smoked turkey breast, swiss cheese, fresh thinly sliced apple, and lettuce on cranberry walnut bread.

Build Your Own Sandwich

Bread:

- Cranberry Walnut Bread (280 cal.)
- White/Italian (260 cal.)
- Flavored Wrap (60-65 cal.)

Meat:

- Roast Beef (190 cal.)
- Grilled Chicken (140 cal.)
- Virginia Ham (120 cal.)
- Roasted Turkey (85 cal.)
- Tuna (140 cal.)

Cheese:

- Yellow American (208 cal.)
- Provolone (196 cal.)
- Cheddar (100 cal.)
- Swiss (212 cal.)

Topper:

- LTO
(In a separate bag you get a slice of tomato, red onion rings and some lettuce) (28 cal.)

Add on: (Select all that apply)

- Avocado (70 cal.)
- Bacon (54 cal.)

Ala Carte



\$1.50
Beverages

- 20oz Water
- Diet Coke
- Diet Pepsi

\$3.00
Soup & Crackers

- Italian Fagioli Pasta Soup
- Chicken Tortilla Soup

\$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