

November 2009

Daily Specials at the Deli

Monday:

*Italian Sub
Mediterranean Pita*

Tuesday:

*Chicken Salad Wrap
Veggie Sub Sandwich*

Wednesday:

*Egg Salad
Hummus Wrap*

Thursday:

*Turkey and Cheese Sub
Mozzerella & 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
2 <i>Baked Chicken Breast Pierogies Apple Pineapple Bake Steamed Corn Italian Wedding Soup Fruit</i>	3 <i>Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Turkey Chili Choc. Chip Chocolate Cookies</i>	4 <i>Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Sauté Vegetable and Orzo Soup Fruit</i>	5 <i>Chicken Strips Macaroni & Cheese Corn on the Cobettes Peas and Carrots Chicken Noodle Soup Nutty Buddies</i>	6 <i>Hamburger or Veggie Burger Steak Fries Baked Beans Baked Potato Soup Fruit</i>
9 <i>No School</i>	10 <i>General Tso's Chicken Vegetarian Egg Rolls Brown Rice Lo Mein With Veggies Chicken Orzo Soup Cherry Pie</i>	11 <i>Corn Dog Cheese Ravioli Home Fried Potatoes Escaloped Apples Broccoli Cheddar Soup Fruit</i>	12 <i>Chicken or Vegetarian Paella Broccoli Florettes Corn Bread Chicken Tortilla Soup Ice Cream Sandwiches</i>	13 <i>No School</i>
16 <i>Roast Turkey and Gravy Portobello & Cheese Philly Sandwich Stuffing Steamed Corn Italian Wedding Soup Fruit</i>	17 <i>Meatball Hoagie Veggie Cacciatore Celery & Carrot Sticks Italian Green Beans Vegetable and Orzo Soup M&M Cookies</i>	18 <i>Grilled Chicken Breast on Whole Wheat Bun General Tso Tofu w/ rice Tri Tater Patty Peas & Carrots Zesty Turkey Chili Fruit</i>	19 <i>Hot Dog on a Bun Texas Grilled Cheese Steak Fries Broccoli Florettes Chicken Noodle Soup Pound Cake w/ Peaches</i>	20 <i>Fish Sticks Macaroni & Cheese Hush Puppies Roasted Vegetables Baked Potato Soup Fruit</i>
23 <i>Broccoli Alfredo Pasta Whole Wheat Ziti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Tomato Soup Fruit</i>	24 <i>Chicken Nuggets Veggie Nuggets Jasmine Rice Broccoli Chicken Orzo Soup Pumpkin Pie</i>	25 <i>Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Fruit</i>	26 <i>No School</i>	27 <i>No School</i>
30 <i>Baked Chicken Breast Pierogies Apple Pineapple Bake Steamed Corn Italian Wedding Soup Fruit</i>				

Super choices for sides everyday!

*Hot side of the day, soup, side salad,
fruit, dessert of the day, carrot
snacks*

Hot meal at a carte pricing:

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