

Weekly Menu 10-28 thru 11-1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:45am-10:30am)					
Eggs Your Way (2) 200 Cal \$1.69 Biscuits & Gravy 300 Cal \$2.29 Pancakes (2) 200 Cal \$2.79 French Toast 130 Cal \$1.79 Bacon (3) 135 Cal or Sausage (3) 360 Cal \$1.49 Hashbrown Patty 150 Cal \$1.19 Cheese Omelet 210 Cal \$3.79 Veggie Omelet 210 Cal \$3.79 Ham & Cheese Omelet 260 Cal \$4.89 Bacon & Cheese Omelet 260 Cal \$4.89					
Daily Special	Meat Lover's Pickup 812 Cal \$4.79	Sausage, Egg & Cheese Muffin 450 Cal \$3.89	Sausage & Peppers Pickup 690 Cal \$4.79	Ham, Egg & Cheese Muffin 300 Cal \$3.89	Bacon & Egg Pickup 590 Cal \$4.79
Lunch (10:30am-1pm)					
Comfort \$6.50 Meal	Asian Pepper Steak, White Rice & Small Fountain Drink 320-610 Cal	Spaghetti, Marinara with Meatballs, Breadstick & Small Fountain Drink 570-860 Cal	Pork & Vegetable Teriyaki Stir Fry, White Rice & Small Fountain Drink 410-700 Cal	Muchos Nachos, Refried Beans & Small Fountain Drink 640-930 Cal	Chicken, Mushroom & Alfredo Penne, Garlic Breadstick & Small Fountain Drink 1080-1370 Cal
Grill	All-American Angus Cheeseburger 510 Cal..... All-American Angus Double Cheeseburger 820 Cal..... Philly Cheesesteak Sandwich 520 Cal..... Chicken Cheesesteak Sandwich 450 Cal..... Farmhouse Grilled Chicken Sandwich 380 Cal..... Buffalo Crispy Chicken Sandwich 580 Cal..... Crispy Chicken Tenders (3 pc) 510 Cal Beer Battered Cod Sandwich 570 Cal.....	\$5.69 \$7.79 \$6.19 \$6.19 \$5.39 \$5.39 \$4.19 \$5.99	Southwest Gardenburger 450 Cal Texas Grilled Cheese 380 Cal..... Crispy Shoestring French Fries Regular 170 Cal..... Crispy Shoestring French Fries Large 280 Cal..... Twister Fries Regular 330 Cal..... Twister Fries Large 550 Cal Onion Rings 450 Cal..... Mozzarella Sticks 470 Cal.....	\$6.59 \$2.99 \$1.99 \$2.49 \$2.39 \$3.09 \$3.29 \$4.69	
Salad Chicken Caesar 320 Cal \$7.49 Cobb 350 Cal \$7.49 Greek 210 Cal \$7.49					
Pizza \$4.89	Pepperoni 630 Cal, Cheese 560 Cal, BBQ Chicken 710 Cal	Pepperoni 630 Cal, Cheese 560 Cal, Meat lover's 770 Cal	Pepperoni 630 Cal, Cheese 560 Cal, Sausage 740 Cal	Pepperoni 630 Cal, Cheese 560 Cal, Buffalo Chicken 650 Cal	Pepperoni 630 Cal, Cheese 560 Cal, Margherita 580 Cal
Soup (12 oz) \$3.79	Chicken Noodle 180 Cal	Roasted Corn & Potato 180 Cal	Hearty Beef & Vegetable 165 Cal	Creamy Tomato Basil 320 Cal	Vegetable Barley 120 Cal

2000 calories a day is used for general nutrition advice, but calorie needs vary