

MEAL EXCHANGE OPTIONS



- Entrée (includes rice or noodles)
- 20 oz. Fountain Drink

Option 1:

- Choice of Entrée
 - Sandwich
 - Salad
- Choice of Side
 - Fresh whole fruit
 - Housemade chips
- 20 oz. Fountain Drink

Option 2:

- Featured Entrée
- 2 Sides
- 20 oz. Fountain Drink



- Entrée
- Chips 'n Salsa
- 20 oz. Fountain Drink

Option 1:

- Choice of Entrée with Protein
 - Salad
 - Wrap
- Fresh Whole Fruit
- 20 oz. Fountain Drink

Option 2:

- Smoothie (with Protein or Fat Burner add in)
- Fresh Whole Fruit



- Entrée
- Side
- 20 oz. Fountain Drink

Option 1:

- Choice of Entrée
 - Sandwich
 - Wrap
- Choice of Side
 - Bag of Chips
 - Fresh Whole Fruit
- 20 oz. Fountain Drink

Option 2:

- Salad
- 20 oz. Fountain Drink



- Choice of Entrée
 - Featured Entrée Plate
 - Pizza
 - Salad
- 20 oz. Fountain Drink



- Choice of Entrée
 - Pastry
 - Croissant
 - Quiche
 - 2 donuts
 - Oatmeal
 - Smoothie
- Fresh Whole Fruit
- Small Drip or Iced Coffee



Option 1:

- Any Breakfast Item
- Fresh Whole Fruit
- Small Drip or Iced Coffee

Option 2:

- Choice of Entrée
 - Sandwich
 - Salad
- Choice of Side
 - Bag of Chips
 - Fresh Whole Fruit
- 20 oz. Fountain Drink

Option 1:

- Bagel with Schmeear
- Choice of Beverage
 - Medium Espresso
 - Smoothie

Option 4:

- Choice of Sandwich
 - Breakfast Sandwich
 - Hot Sandwich
 - Cold Sandwich (including grab 'n go)

Option 2:

- Salad (including grab 'n go)
- Choice of Drink
 - Medium Drip or Iced Coffee
 - 20 oz. Fountain Drink

Choice of Side

- Bag of Chips
- Fresh Whole Fruit
- Choice of Beverage
 - Medium Drip or Iced Coffee
 - 20 oz. Fountain Drink



Option 3:

- Pizza Bagel
- 20 oz. Fountain Drink