## Lunch

### SIGNATURE ENTRÉES

Add a dinner roll $0.89

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hearty Meatloaf</strong>, 412 cal.</td>
<td></td>
<td>$6.19</td>
</tr>
<tr>
<td>Meatloaf, mashed Yukon potatoes, roasted brussel sprouts &amp; roasted carrots</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grilled Chicken</strong>, 400 cal.</td>
<td></td>
<td>$7.19</td>
</tr>
<tr>
<td>Chicken, ancient grains, almond green beans and sweet &amp; spicy brussel sprouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Roasted Turkey</strong>, 292 cal.</td>
<td></td>
<td>$7.49</td>
</tr>
<tr>
<td>Turkey, mashed Yukon potatoes, maple roasted carrots &amp; green beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Alaskan Salmon</strong>, 356 cal.</td>
<td></td>
<td>$7.89</td>
</tr>
<tr>
<td>Alaskan salmon with lemon &amp; parsley, ancient grains, green beans, &amp; maple roasted carrots</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SANDWICHES

**WHOLE— $4.99 | HALF— $3.69**  — Comes with kettle chips, fruit cup, or coleslaw —

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuna Salad Sandwich</strong>, 229 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Tuna salad, tomato &amp; lettuce on multi-grain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Salad Sandwich</strong>, 320 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Chicken salad, tomato &amp; lettuce on multi-grain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Roast Turkey Sandwich</strong>, 207 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Roast turkey, spinach, and red pepper aoli, served hot on a whole wheat bun</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>California Chicken Sandwich</strong>, 320 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Grilled chicken breast, avocado, and tomato aoli, served hot on a whole wheat roll</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SOUPS

**CUP — $1.79 | BOWL— $2.29**

<table>
<thead>
<tr>
<th>Soup</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tomato Basil</strong>, 89</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Chicken &amp; Wild Rice</strong>, 220</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Chicken Noodle</strong>, 135</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td><strong>Vegetable Broth</strong>, 17</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

### KIDS’ MENU

— Served with a fresh fruit cup —

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chicken Quesadilla</strong>, 505 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Grilled chicken &amp; cheddar cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Sliders</strong>, 200 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>Shredded chicken on 2 whole wheat dinner rolls</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Classic Grilled Cheese</strong>, 440 cal.</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>American cheese grilled on multi-grain bread</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SALADS

**WHOLE — $5.79 | Half — $3.19**

<table>
<thead>
<tr>
<th>Salad</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Berry Almond Spinach</strong>, 164</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Baby spinach, toasted almonds, blueberries, raspberries, strawberries &amp; goat cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Classic Cobb</strong>, 205</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Greens, cheddar cheese, eggs, avocado, green onions &amp; tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Greens &amp; Herbs</strong>, 26</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Spring mix, parsley, cilantro, dill weed, basil, &amp; cucumbers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### DRESSINGS:

Raspberry Vinaigrette | Ranch | French | Bleu Cheese | Italian
**BREAKFAST GRAINS**

**CUP — $1.89 | BOWL — $2.49**

**Granola Cereal Bowl**
- 442 cal.
- quinoa, sunflower seeds, almonds, walnuts, cranberries, coconut, & flax topped with strawberries, blueberries, banana & milk

**Mom’s Oatmeal**
- CUP — $1.39 | BOWL — $1.79
- Steel cut oats, raisins & brown sugar

**Fruit & Nut Oatmeal**
- 231 cal.
- Steel cut oats, toasted almonds, walnuts & cranberries

**YOGURT PARFAITS**

**Tropical**
- 283 cal.

**Peach & Blueberry**
- 257 cal.

**Strawberry**
- 393 cal.

**Granola Cereal Bowl**
- 20 oz.

**Build Your Classic Breakfast**

**CLASSIC SCRAMBLED EGGS**, 160 cal. — $1.49
- Sausage Patty, 95 cal. — $0.99

**CHEESY SCRAMBLED EGGS**, 233 cal. — $2.19
- Turkey Sausage, 69 cal. — $0.99

**SKILLET EGGS**, 160 cal.
- Peppers & onions — $2.19

**BREAKFAST POTATOES**, 119 cal. — $1.59
- O’Brien Potatoes, 105 cal. — $1.59

**BREAKFAST SANDWICHES**

**AVOCADO & EGG WHITE**, 175 cal. — $2.99
- Egg white, avocado & tomato on a whole wheat English muffin

**SAUSAGE, EGG & CHEESE**, 473 cal. — $3.19
- Egg, sausage & cheddar cheese on a whole wheat English muffin

**BACON, EGG & CHEESE**, 330 cal. — $3.19
- Egg, bacon & cheddar cheese on a whole wheat English muffin

**BREAKFAST BOWLS**

**CLASSIC BOWL**, 390 cal. — $4.79
- Breakfast potatoes, sausage, scrambled eggs & cheddar cheese

**BREAKFAST SKILLET**, 306 cal. — $3.79
- Breakfast potatoes, sautéed peppers & onions, scrambled eggs & cheddar cheese

**BEVERAGES**

**BOTTLED ICED TEA**
- 12 oz. — $1.69
- 16 oz. — $1.89

**LEMON POPPY SEED**
- 178 cal. — $1.09
- Blueberry Scone, 203 cal. — $1.09

**GF BLUEBERRY MUFFIN**
- 160 cal. — $2.79
- White Chocolate Raspberry Scone, 219 cal. — $1.09

**GF RASPBERRY POPIPSYED**
- Muffin, 236 cal. — $2.79

**CHOCOLATE CHIP COOKIE**
- 127 cal. — $0.89

**BREAKFAST PARFAITS**

**TROPICAL**
- 283 cal.

**PINEAPPLE**
- Toasted coconut, vanilla yogurt & granola

**STRAWBERRY**
- 393 cal.

**GRANOLA CEREAL BOWL**
- 20 oz.

**MERIT**
- 231 cal.

**OATMEAL**
- 147 cal.

**BOTTLED Iced TEA**
- 12 oz. — $1.69
- 16 oz. — $1.89

**LEMON POPPY SEED**
- 178 cal. — $1.09
- Blueberry Scone, 203 cal. — $1.09

**GF BLUEBERRY MUFFIN**
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- White Chocolate Raspberry Scone, 219 cal. — $1.09

**GF RASPBERRY POPIPSYED**
- Muffin, 236 cal. — $2.79

**CHOCOLATE CHIP COOKIE**
- 127 cal. — $0.89

**GRANDMOTHER’S OATMEAL**
- 147 cal.

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