

**Menu for Week of January 30th**
**Monday**

<b>Wakin' Up</b>	Egg White, Red Bean & Salsa Burrito (475 Calories/xxx 10.4 g Fat)	\$3.75
<b>Souper Soups</b>	Cream of Spinach (322 Calories/21 g Fat) / Chili (324 Calories/24 g Fat)	\$2.50/3.00
<b>Grill</b>	Chicken Philly Cheese Steak & French Fries (866 Calories/30 g Fat)	\$6.75
<b>Entree</b>	Chicken Picatta (302 Calories/6 g Fat)	\$6.50
<b>Starch</b>	Rice Pilaf (175 Calories/6 g Fat)	\$1.50
<b>Vegetable</b>	Sauteed Broccoli & Cauliflower (72 Calories/3.4 g Fat)	\$1.50
<b>Fresh &amp; Healthy</b>	Garden Burger & Avocado w/ Whole Fruit (440 Calories/1.1 g Fat)	\$6.25
<b>Pizza</b>	Sausage & Mushroom (619 Calories/25 g Fat)	\$2.25

**Tuesday**

<b>Wakin' Up</b>	Lemon Blueberry Pancakes, Eggs & Bacon (462 Calories/20 g Fat)	\$4.50
<b>Souper Soups</b>	Beef Noodle (255 Calories/4.5 g Fat)/ Chili (324 Calories/24 g Fat)	\$2.50/3.00
<b>Grill</b>	Crispy Buffalo Chicken Sandwich (873 Calories/51 g Fat)	\$6.75
<b>Entree</b>	Beef Bourguinonne (435 Calories/14 g Fat)	\$6.50
<b>Starch</b>	Buttered Noodles(283 Calories/12 g Fat)	\$1.50
<b>Vegetable</b>	Green Bean Medley (44 Calories/3 g Fat)	\$1.50
<b>Fresh &amp; Healthy</b>	Pesto Grilled Chicken Sandwich w/ Sun Dried Tomato Aioli & Fruit Salad (601 Calories/9 g Fat)	\$6.25
<b>Pizza</b>	Tomato & Fresh Mozzarella (489 Calories/13 g Fat)	\$2.25

**Wednesday**

<b>Wakin' Up</b>	Spinach & Zucchini Omelet & Wheat Toast (465 Calories/24 g Fat)	\$3.75
<b>Souper Soups</b>	Chicken Tortilla(145 Calories/2 g Fat)/ Chili (324 Calories/24 g Fat)	\$2.50/3.00
<b>Grill</b>	Grilled Pastrami & Provolone Sub (886 Calories/16 g Fat)	\$6.75
<b>Entree</b>	Blackened Catfish (338 Calories/16 g Fat)	\$6.50
<b>Starch</b>	Dirty Rice (175 Calories/5 g Fat)	\$1.50
<b>Vegetable</b>	Buttered Corn (155 Calories/5 g Fat)	\$1.50
<b>Fresh &amp; Healthy</b>	Santa Fe Chicken & Avocado Sandwich w/ Garden Salad (560 Calories/12 g Fat)	\$6.25
<b>Pizza</b>	The Works (619 Calories/25 g Fat)	\$2.50

**Thursday**

<b>Wakin' Up</b>	The Big Breakfast (632 Calories/28 g Fat)	\$4.25
<b>Souper Soups</b>	Chicken & Lentil Vegetable (275 Calories/10 g Fat)/ Chili (324 Cal./24 g Fat)	\$2.50/3.00
<b>Grill</b>	Turkey, Bacon Swiss Melt & French Fries (912 Calories/31 g Fat)	\$6.75
<b>Chef's Choice</b>	Chicken Enchiladas Suizas (419 Calories/13.5 g Fat)	\$6.50
<b>Starch</b>	Mexican Rice (200 Calories/5 g Fat)	\$1.50
<b>Vegetable</b>	Black Beans Ranchero (118 Calories/1.5 g Fat)	\$1.50
<b>Fresh &amp; Healthy</b>	Fire Grilled Shrimp Wrap w/ Caesar Salad (475 Calories/11 g Fat)	\$6.25
<b>Pizza Villagio</b>	Grilled Chicken, Spinach & Artichoke Hearts (513 Calories/13 g Fat)	\$2.50

**Friday**

<b>Wakin' Up</b>	Huevos Rancheros (543 Calories/16 g Fat)	\$4.25
<b>Souper Soups</b>	New England Clam Chowder (335 Calories/22 g Fat)/ Minestrone 175 Calories/3 g Fat)	\$2.50/3.00
<b>City Charbroiler</b>	Baja Style Crispy Fish Tacos w/ French Fries (742 Calories/24 g Fat)	\$6.75
<b>Chef's Choice</b>	Beef Lasagne & Marinara (580 Calories/28 g Fat)	\$6.50
<b>Starch</b>	Garlic Cheese Bread (259 Calories/8 g Fat)	\$1.50
<b>Vegetable</b>	Side Caesar Salad (101 Calories/9 g Fat)	\$1.50
<b>Fresh &amp; Healthy</b>	Black Bean Burger & Guacamole w/ Jicama Salad (450 Calories/xxx g Fat)	\$6.25
<b>Pizza Villagio</b>	Pepperoni, Onion & Peppers (619 Calories/25 g Fat)	\$2.25

**Your Food Service Director**

Sean Calleran  
858-455-2147  
Cafeteria7@GA.com

**Breakfast** 7:00am – 10:00am  
**Grab-n-go** 10:00am – 11:00am  
**Lunch** 11:00am – 1:30pm

**Menu Subject to Change**

Calories and fat content are based on strict portion sizes and will vary based on your individual serving, and added condiments.

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