



Breakfast Menu

Assorted Donuts	\$1.25
Guava Pastry	\$1.00
Guava & Cheese Pastry	\$1.00
Meat Pastry	\$1.25
Croquetas	\$0.85
Cheese Pastry	\$1.00
Cinnamon Roll	\$2.50
Bran Muffin	\$1.75
Banana Nut Muffin	\$1.75
Blueberry Muffin	\$1.75
Double Chocolate Chunk Muffin	\$1.75
Cheese Danish	\$1.75
Cherry Danish	\$1.75
Assorted Bagels w/ Butter or Cream Cheese	\$1.90
Croissant	\$1.25
English Muffin	\$1.00
Apple Oatmeal	\$2.00
Cheerios	\$2.00
Honey Nut Cheerios	\$2.00
Special K – Assorted	\$2.00
Cuban Tostada	\$1.75





Breakfast Menu

Egg, Sausage & Three Cheese Burrito	\$3.50 for 2
Cheese Omelet	\$2.75
Plain Omelet	\$2.75
Egg, Chorizo & Cheese Empanada	\$3.50
Egg Whites, Pepper & Cheese Omelet	\$2.90
Ham & Swiss Croissant	\$3.50
Egg, Turkey Sausage & Potato Taquitos	\$1.25
Feta Spinach Wrap	\$4.25
Sausage Patty	\$0.85
Turkey Sausage Patty	\$0.85
Waffle	\$1.95
Egg & Cheese Sandwich	\$2.75
Sausage, Egg & Cheese Sandwich	\$3.25
Ham, Egg & Cheese Sandwich	\$3.25
Bacon, Egg & Cheese Sandwich	\$3.25
Eggs, Bacon & Potatoes	\$3.50
Eggs, Sausage & Potatoes	\$3.50
Cottage Cheese	\$1.50
Small Mixed Fruit	\$3.00
Large Mixed Fruit	\$4.25
Bananas	\$0.50
Apples	\$0.50
Oranges	\$0.50





Sandwiches

Spinach & Feta on a Croissant	\$2.75
Cheese Arepa	\$2.50
Cuban Sandwich with plain Kettle Chips	\$6.25
Roasted Pork with plain Kettle Chips	\$6.25
Ham & Cheese with plain Kettle Chips	\$6.25
Veggie Sub with plain Kettle Chips	\$5.25
Caprese Grilled Cheese with plain Kettle Chips	\$6.25
Tuna Melt with plain Kettle Chips	\$6.25
Meatball Sub with plain Kettle Chips	\$6.25
Chicken Cesar Sandwich with plain Kettle Chips	\$6.25
Chicken Finger Sandwich with plain Kettle Chips	\$6.25
Buffalo Chicken Sandwich with plain Kettle Chips	\$6.25
Roast Beef Sandwich with plain Kettle Chips	\$6.25
Turkey Sandwich with plain Kettle Chips	\$6.25
Salami Sandwich with plain Kettle Chips	\$6.25
Italian Sandwich with plain Kettle Chips	\$6.25





Salads

Garden salad will be offered every day, as well as one or two specialty salads.

Caprice Salad	\$3.50
Pasta Salad	\$3.50
Garden Salad	\$3.50
Broccoli Apple Salad	\$4.50
Strawberry & Spinach Salad	\$4.50
Greek Salad	\$4.50
Mexican Salad	\$4.50
Cranberry, Almond & Spinach Salad	\$4.50
Blueberry, Broccoli & Spinach Salad	\$4.50
Berry & Feta Salad	\$4.50
Caesar Salad	\$4.50
Tomato, Onion & Cucumber Salad	\$4.50
Crispy Chicken Salad	\$6.50
Grilled Chicken Salad	\$6.50
Italian Chopped Salad	\$6.50
BBQ Chicken Chopped Salad	\$6.50
Southwestern Chicken Salad	\$6.50
Apple Pecan Chicken Salad	\$6.50





Soups

We will rotate soups to have a different soup each day.

Chicken Tortilla	\$1.95
Vegetable Beef Barley	\$1.95
Broccoli & Cheese	\$1.95
Chicken & Wild Rice	\$1.95
Chili & Beans (Meatless)	\$1.95
Chicken Soup	\$1.95
Minestrone	\$1.95
Pasta Fagioli	\$1.95





Hot Meals

Eggplant Parmesan with Pasta	\$5.25
Chicken & Cheese Enchiladas with Rice & Pico De Gallo	\$5.25
Meat Lasagna with a Garden Salad or Soup	\$5.25
Veggie Lasagna with a Garden Salad or Soup	\$5.25
Chicken Fingers with Mac & Cheese and Garden Salad	\$5.25
Side Mac & Cheese	\$2.30
Stuffed Peppers with Garden Salad or Soup	\$5.25
Cheese Ravioli with Garden Salad or Soup	\$5.25
Chicken Pot Pie with Garden Salad or Soup	\$5.25
Penne Pasta with Meatballs, turkey or beef, & Garden Salad	\$5.25
Fricase de Pollo, Rice and Veggies	\$5.90
Lechon Asado, Black Beans and Rice	\$5.90
Chicken & Penne Pasta in a Cream Scallion Sauce & Salad	\$5.90
Mojo Chicken, Black Beans and Rice	\$5.90
Arroz con Pollo, Chicken & Yellow Rice, Veggies & Salad	\$6.50
Chicken Wings with Soup or Garden Salad	\$5.90
Lemon Pepper Chicken, Veggies & Soup or Salad	\$6.50
Baked Ziti with Salad and Roll	\$5.90
Picadillo with Rice & Black Beans	\$5.90
Chicken Taquitos with Soup	\$5.90
Pork Chop, Veggies and Rice	\$5.90
Ropa Vieja, Rice & Black Beans	\$5.90





Hot Meals

Roasted Turkey, Mashed Potatoes, and Veggies	\$5.90
Sausage and Pepper with Salad and a Roll	\$5.90
Herb Roasted Chicken Breast, Veggies & Soup or Salad	\$5.90
Rustic Garlic Roasted Chicken, Potatoes & Soup or Salad	\$5.90
Italian Herb Bruschetta Chicken, Veggies & Soup or Salad	\$5.90
Honey Garlic Glazed Chicken, Rice & Soup or Salad	\$5.90
BBQ Chicken Tostadas, with Yellow Rice & Soup or Salad	\$5.90
Creamy Lemon Chicken with Asparagus, & Soup or Salad	\$5.90
Cilantro Lime Chicken, Black Beans & Rice	\$5.90

We will rotate the hot lunches daily, so that staff will not get tired of the same hot lunch.





Desserts

Apple Cobbler	\$1.75
Walnut Brownies	\$2.20
Plain Brownies	\$1.50
Cheese Cake Brownies	\$1.80
New York Cheesecake	\$2.20
Three Tiered Hershey Chocolate Cake	\$2.85
Chocolate Chip Cookies	\$1.25 for 3
Flan	\$2.25
Tres Leches	\$2.25
Bread Pudding	\$2.50

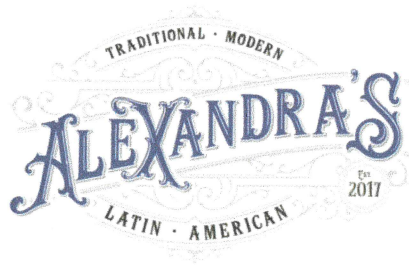




Drinks

Coke	\$0.75
Diet Coke	\$0.75
Sprite	\$0.75
Sunkist	\$0.75
Dr. Pepper	\$0.75
Ginger Ale	\$0.75
Mountain Dew	\$0.75
Orange Juice	\$1.95
Apple Juice	\$1.95
Starbucks Pineapple Berry Blue Ice Tea	\$2.95
Starbucks Peach Green Tea	\$2.95
Starbucks Mango Black Tea	\$2.95
Starbucks Passion Tango Herbal Tea	\$2.95
Starbucks Meyer Lemon Black Tea	\$2.95
Starbucks Frappuccino	\$2.95
Gatorade	\$1.95
Perrier Water	\$1.95
Zephyrhills Sports Bottle Water	\$1.95
Cuban Coffee – Half	\$0.95
Cuban Coffee – Full	\$1.45
Café Con Leche	\$2.00
American Coffee	\$1.25
Specialty Coffee	\$2.00
Milk	\$1.25





16 oz Smoothies

Berry Blast: Raspberries, Blueberries, Strawberries & Spinach	\$4.00
Sweet Sunrise: Raspberries, Orange, Banana & Mango	\$4.00
Green Monster: Grapefruit, Banana, Pineapple & Spinach	\$4.00
Tropical Treat: Banana, Strawberries & Mango	\$4.00
Pineapple Punch: Raspberries, Pineapple, Mango & Banana	\$4.00
Banana, Peach, Vanilla Almond Milk & Honey	\$4.00
Apple Pie: Apples, Honey, Cinnamon, Milk & Yogurt	\$4.00
High Fiber: Banana, Blueberries, Spinach, Honey & Flax Seed	\$4.00
Build your own	\$4.00

16oz Milk Shakes

Vanilla	\$4.00
Chocolate	\$4.00
Strawberry	\$4.00
Coffee	\$4.00
Mango	\$4.00
Passion Fruit	\$4.00
Mamey	\$4.00





Snacks

Cheese, Carrots & Celery	\$2.50
Hummus & Pretzels	\$3.50
Garlic Hummus & Pretzels	\$3.50
Roasted Red Pepper Hummus & Pretzels	\$3.50
Almond & Coconut Kind Bars	\$2.75
Almond & Caramel Sea Salt Kind Bars	\$2.75
Original Kind Bars	\$2.25
Cliff Bar	\$1.80
Special K Protein Bar	\$1.80
Nutra grain Soft Bake Bars	\$1.50
Dark Chocolate, Almond and Fruit Bar	\$2.50
Natures Valley Granola Bar	\$1.00
Natures Valley Sweet & Salty Bar	\$1.00
Natures Valley Granola & Fruit Bar	\$1.00
Natures Valley Protein Bar	\$1.50
Fiber One Oats & Chocolate Bar	\$1.25
Rice Krispy Treats	\$0.95
Nut & Chocolate Trail Mix	\$1.00
Dried Fruits & Nuts Mix	\$1.50
Twix	\$1.25
Milky Way	\$1.25
KitKat	\$1.25
Chips Ahoy 100 Calorie Packs	\$1.25
Famous Amos Cookies	\$1.25





Snacks

Vegan Chocolate Chip Cookies	\$2.00
Dannon Fruit on the Bottom Yogurt	\$2.75
Yoplait 4oz yogurt: Assorted	\$1.25
Activia Yogurt	\$1.75
Sargento Balance Break	\$2.50
Almonds To Go	\$1.25
Peanuts To Go: Variety	\$1.25
Chex Mix	\$1.50
Welches Gummi Snacks	\$1.25
Misc Chips	\$1.25
Cottage Cheese	\$1.50
Small Mixed Fruit	\$3.00
Large Mixed Fruit	\$4.25
Bananas	\$0.50
Apples	\$0.50

