

The SUB-OLOGIST

Breakfast

Ham or Bacon w/Eggs & Cheese	\$3.00
Egg & Cheese	\$3.00
Veggie, Ham or Bacon Wrap w/Egg, Cheese & Potato	\$4.00
Bagel w/Cream Cheese, Butter & Jelly	\$3.00
Vanilla Greek Yogurt w/Granola	\$2.50
Oatmeal w/Brown Sugar & Raisins	\$2.50

Salads

Garden Veggie Salad	\$5.00
Garden Veggie w/Grilled Chicken, Tuna Salad or Egg Salad	\$6.00
Chef Salad w/Turkey, Ham & Cheese	\$6.00

Sandwiches: Cold or Grilled & Pressed

Available on 6" Sub Roll, White or Whole Wheat Sliced Bread, Whole Wheat Wrap or Lettuce Wrap

Ham & Cheese	\$5.00	Grilled Cheese on White or Whole Wheat Sliced Bread	\$3.00
Turkey & Cheese	\$5.00	Loaded Grilled Cheese w/Ham, Bacon or Tomato on White or Whole Wheat Sliced Bread	\$4.00
Veggie w/Cheese	\$5.00	1/2 Sandwich w/Small Soup or Salad	\$6.00
Turkey Club	\$5.00		
BLT	\$5.00		
Meatball Parm	\$5.00		
Tuna Salad	\$5.00		
Egg Salad	\$5.00		

\$6 Daily Hot Meal Specials

Chicken Fingers
Roast Pork w/Rice & Beans
Sloppy Joes
BBQ Pork
Baked Ziti, Vegetarian or Meat Balls
Lasagna, Vegetarian or Meat
Eggplant Parm

**HOT MEAL
SPECIALS
CHANGE DAILY**

\$2 - \$4 Daily Soups (Vegetarian)

Minestrone	small \$2.00 large \$4.00
Potato	
Broccoli & Cheese	
Navy Bean	
Split Pea	
Vegetable Barley	
Tomato Bisque	
White Bean & Kale	
Tuscan Vegetable	

**SOUP
SPECIALS
CHANGE DAILY**

Grab & Go Snacks

Fruit Cup	\$3.50
Chips	\$.50
Hummous & Veggies	\$3.00
Bagels, Toasted	\$3.00

Home-Baked Desserts

Assorted Home-Baked Muffin, Cookie, Brownie, Cake Slice, Rice Crispy Treat, Brownie Brittle

Drinks

Hot Coffee or Herbal Tea	\$1.00
Bottled Water	\$1.00
Bottled Sport Drinks, Tea & Bottled Juices	\$1.75

*This is a sample menu. Prices subject to change with the procurement of recyclable materials.