



Monday, October 3, 2022

Breakfast Cheesy Bacon Egg Cup, Yogurt, Fruit \$4.00

Market WW Grilled Cheese and Tomato Soup \$5.95

Side Zesty Garbanzos

Flavor & Fire Brenna's Steak Carnita Nachos \$6.50

Soup Bacon Corn Chowder \$2.30



Tuesday, October 4, 2022

Breakfast WW Peach Cobbler Muffins, Cheese Stix, Fruit \$4.00

Market Chicken Bacon Ranch Wrap \$5.95

Vegetable Sweet Potato Fries, Romaine, Tomatoes

Side Fruit

Flavor & Fire Closed \$6.50

Soup Taco Soup \$2.30



Wednesday, October 5, 2022

Breakfast WW French Toast, Whole Wheat Sausage Link, Fruit **\$4.00**

Market Chicken Enchiladas & Refried Beans **\$5.95**

Side Cauliflower and Celery Crudite

Side Fruit & Chocky Milk

Flavor & Fire Closed **\$6.50**

Soup Loaded Potato **\$2.30**



Thursday, October 6, 2022

Breakfast Banana Chocolate Chip Scone, Bacon, Frewt **\$4.00**

Market Cheesy Cheeseburgers **\$5.95**

Vegetable Pickles & Sun Chips

Flavor & Fire Closed **\$6.50**

Soup Cheesy Chicken Tortilla **\$2.30**



Friday, October 7, 2022

Breakfast Sausage Cheddar Biscuit Sandwich, Scrambled Eggs, Fruit \$4.00

Market Baked Potato Soup & Dinner Rolls \$5.95

Vegetable Strawberry, Parmesan, Arugula Salad

Side Fruit

Flavor & Fire Nashville Hot Chicken Sandwich \$6.50

Soup None \$2.30