

THE MARKET

FRESH &
READY

LUNCH

Entrée	\$7.65
Entrée Plate <i>with your choice of 1 side or salad</i>	\$10.07
Entrée Plate <i>with your choice of 2 sides or salads</i>	\$11.54
Casserole	\$8.99
Assorted Sides (8oz)	\$2.72
Salad (8oz)	\$3.79

PIZZA

		Cals
Cheese Slice	\$3.99	480
Pepperoni Slice	\$3.99	570
Premium Slice	\$4.59	480-620
Whole Pizza <i>Cheese or Pepperoni</i>	\$18.99	2870-3440
Whole Pizza <i>Premium</i>	\$22.99	2850-3690
 Calzone	\$4.59	410-550
 Dips <i>Creamy Garlic, Cheddar Chipotle or Marinara</i>	\$0.99	30-230

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.