

THE MARKET |

FRESH &
READY

LUNCH

Entrée	\$8.20
Entrée Plate <i>with your choice of 1 side or salad</i>	\$10.70
Entrée Plate <i>with your choice of 2 sides or salads</i>	\$12.30
Casserole	\$9.65
Assorted Sides (8oz)	\$3.05
Salad (8oz)	\$4.05

PIZZA

		Cals
Cheese Slice	\$4.39	450
Pepperoni Slice	\$4.39	570
Premium Slice	\$4.95	470-620
Whole Pizza <i>Cheese or Pepperoni</i>	\$20.35	2720-3440
Whole Pizza <i>Premium</i>	\$24.60	2800-3690
 Calzone	\$4.95	410-550
 Dips <i>Creamy Garlic, Marinara or Cheddar Chipotle</i>	\$1.10	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.