

THE MARKET

FRESH &
READY

LUNCH

Entrée	\$8.90
Entrée Plate <i>with your choice of 1 side or salad</i>	\$12.00
Entrée Plate <i>with your choice of 2 sides or salads</i>	\$14.00
Casserole	\$11.00
Assorted Sides (8oz)	\$3.40
Salad (8oz)	\$4.60

PIZZA

		Cals
Cheese Slice	\$5.00	450
Pepperoni Slice	\$5.00	570
Premium Slice	\$5.50	470-620
Whole Pizza <i>Cheese or Pepperoni</i>	\$24.00	2720-3440
Whole Pizza <i>Premium</i>	\$27.00	2800-3690
 Calzone	\$5.80	410-550
 Dips <i>Creamy Garlic, Marinara or Cheddar Chipotle</i>	\$1.30	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.