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.

Options:
- Assorted Ready-Made Sandwich: $8.29
- Assorted Ready-Made Vegetarian Sandwich: $7.29
- Build Your Own Sandwich: $7.29
- Sandwich Combo: + $2.99
- Composed Salad (8oz): $3.79
- Soup (12oz/16oz): $3.79/$4.79
- Chili (12oz/16oz): $5.69/$6.69

urban deli
Build Your Own Sandwich $7.29

1. Choose Your Bread
2. Choose Your Sauce
3. Choose Your Cheese
   Extra Cheese $1.14
4. Choose Your Protein (1)
   Extra Meat $1.70
5. Choose Your Toppings
6. Enjoy!