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.

### Breakfast

**Morning Combo**
- Small coffee + Muffin
  - 320-430 Cals
  - $3.09

**Oatmeal**
- 130 Cals
- $2.59

**Breakfast Sandwich**
- English Muffin, Egg, Cheese, Bacon or Sausage, Tomato
  - *Bagel Option* 460-550 Cals
  - $3.99

**Breakfast Combo**
- English Muffin, Egg, Cheese, Tomato Bacon or Sausage + Small Coffee
  - 350-410 Cals
  - $4.69

**Breakfast Bagel Combo**
- Kettleman's Bagel, Egg, Cheese, Tomato Bacon or Sausage + Small Coffee
  - 460-550 Cals
  - $4.99

**Sides**

- English Muffin 140 Cals $1.04
- Toast 110-120 Cals $0.99
- White, Whole Wheat, Gluten Free, Rye Kettleman's Bagels 220-320 Cals
- Plain, Whole wheat, Herb & Cheese, Cinnamon Raisin, Sesame, All Dressed $1.29
- Peanut Butter 100 Cals $1.00
- Jam 50 Cals $1.00
- Cream Cheese 40 Cals $1.10
- Whole Fruit 100-110 Cals $1.29

### Beverages

- Coffee/ Fairtrade Tea 0-130 Cals
  - Small 12oz $1.95
  - Medium 16oz $2.25
  - Large 20oz $2.45
  - Hot Chocolate $2.19 (any size)

- Red Rose 1.43
- Specialty Tea (any size) $1.75

- Four O'Clock Fair Trade Kettleman's Bagels
  - English Muffin, Egg, Cheese, Tomato Bacon or Sausage + Small Coffee
  - $4.69

- Toast 0
- Hot Chocolate 0
## SOUP, SALADS & MORE

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
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<tbody>
<tr>
<td>Protein Salad</td>
<td>200-250 Cals</td>
<td>$5.99</td>
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<tr>
<td>Spring Mix, Cucumber, Tomato, Red Onion with choice of Chicken Salad, Egg Salad, or Tuna Salad</td>
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<tr>
<td>Veggie Salad</td>
<td>60 Cals</td>
<td>$4.69</td>
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<tr>
<td>Spring Mix, Cucumber, Tomato, Red Onion</td>
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<tr>
<td>Side Salad</td>
<td>40 Cals</td>
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<tr>
<td>Spring Mix, Cucumber, Tomato, Red Onion</td>
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<tr>
<td>Small Soup</td>
<td>100-280 Cals</td>
<td>$3.39</td>
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<tr>
<td>Large Soup</td>
<td>130-380 Cals</td>
<td>$3.89</td>
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<tr>
<td>Special of the Day</td>
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<td>$7.99</td>
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<tr>
<td>Pizza (Fridays only)</td>
<td>530-800 Cals</td>
<td>$4.64</td>
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<tr>
<td>Veggie, Cheese, Pepperoni Super, Canadian, Hawaiian</td>
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<td>$4.84</td>
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</tbody>
</table>

## BEVERAGES

**SALADS & SOUP** (any size) .................. $1.75

**SOUP, SALADS & MORE**

**PROTEIN SALAD**

**Special of the Day**  ............ $7.99

**Create Your Own Deli Sandwich**  $4.99

**Steps**

1. **Choose Your Bread**
   - White, Whole Wheat, Gluten Free, Rye, or Wrap

2. **Choose One Meat**
   - Chicken, Tuna, Turkey, Ham, Bacon, Egg Salad, Tuna Salad, Chicken Salad

3. **Choose Your Sauce**
   - Mayonnaise, Mustard, or Honey Mustard

4. **Choose Your Veggies**
   - Lettuce, Tomato, Cucumber, Red Onion, Banana Pepper

5. **Choose Your Cheese**
   - Cheddar Cheese, Swiss Cheese

**CLUB SANDWICH**  490-520 Cals  $6.29

3 slices bread, Tomato, Bacon, Turkey, Lettuce

## BAKERY

**Special of the Day**  ............ $7.99

**Create Your Own Deli Sandwich**  $4.99

**Steps**

1. **Choose Your Bread**
   - White, Whole Wheat, Gluten Free, Rye, or Wrap

2. **Choose One Meat**
   - Chicken, Tuna, Turkey, Ham, Bacon, Egg Salad, Tuna Salad, Chicken Salad

3. **Choose Your Sauce**
   - Mayonnaise, Mustard, or Honey Mustard

4. **Choose Your Veggies**
   - Lettuce, Tomato, Cucumber, Red Onion, Banana Pepper

5. **Choose Your Cheese**
   - Cheddar Cheese, Swiss Cheese

## EXTRAS

### EXTRA PROTEIN

- Extra Protein  $1.99
  - Chicken, Tuna, Turkey, Ham, Bacon, Egg Salad, Tuna Salad, Chicken Salad

### EXTRA CHEESE

- Extra Cheese  $1.00
  - Cheddar Cheese, Swiss Cheese

## Price

**Breakfast Combo**  ............ 320-430 ..... $4.39

**Morning Combo**  ............ 320-430 ..... $2.89

**Morning Toast**  ............ 110-120 ..... $0.99

**Breakfast Toast**  ............ 100-120 ..... $1.19

**English Muffin**  ............ 130 ........... $2.49

**Morning Bagel**  ............ 280-320 ..... $1.89

**Assorted Muffins**  ........... $2.05 . . 320-430

**Tea Biscuit**  ............ $1.45 .............. 470

**Chocolate Filled**  ........... $2.15 .............. 350

**Add cream cheese**  $1.09 ................. 50

**Apple Turnover**  ............ $2.35 .............. 290

**Create Your Own**  530-800 Cals

### 1. Choose Your Bread
   - White, Whole Wheat, Gluten Free, Rye, or Wrap

### 2. Choose One Meat
   - Chicken, Tuna, Turkey, Ham, Bacon, Egg Salad, Tuna Salad, Chicken Salad

### 3. Choose Your Sauce
   - Mayonnaise, Mustard, or Honey Mustard

### 4. Choose Your Veggies
   - Lettuce, Tomato, Cucumber, Red Onion, Banana Pepper

### 5. Choose Your Cheese
   - Cheddar Cheese, Swiss Cheese