Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Baked Stuffed Potato and Chicken Noodle

Honest Bowl:
- Lemon Rosemary Chicken, Tomato Braised Beef Barbecue, Seasoned Roasted Cauliflower, Roasted Brussels Sprouts, Hummus, Lemon Vinaigrette, Tzatziki Sauce, Corn and Tomato Relish

Okra:
- Country Fried Steak, Brown Gravy, Mediterranean Salmon, Wild Rice Pilaf, Garlic Mashed Potatoes, Steamed Broccoli, Steamed Corn

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

Monday, March 9, 2020

Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Black Bean and Clam Chowder

Spud Shack:
- Baked Potato, Baked Sweet Potato, Pulled Pork, Vegetarian Chili, Stewed Okra and Tomatoes, Braised Cabbage, Broccoli Salad with Bacon, Pasta Salad, Cornbread, Assorted Toppings

Callaloo:
- Jerk Shrimp, Curry Chicken, Red Beans and Rice, Spiced Cinnamon Sweet Potato, Plantains, Curry Cauliflower, Fruit Salsa, Cucumber and Tomato Salad

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

Tuesday, March 10, 2020

Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Black Bean and Clam Chowder

Spud Shack:
- Baked Potato, Baked Sweet Potato, Pulled Pork, Vegetarian Chili, Stewed Okra and Tomatoes, Braised Cabbage, Broccoli Salad with Bacon, Pasta Salad, Cornbread, Assorted Toppings

Callaloo:
- Jerk Shrimp, Curry Chicken, Red Beans and Rice, Spiced Cinnamon Sweet Potato, Plantains, Curry Cauliflower, Fruit Salsa, Cucumber and Tomato Salad

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

Wednesday, March 11, 2020

Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Broccoli Cheddar and Lemon Chicken Orzo

Meatball & Co.:
- Meatball Sub with Marinara, Italian Sausage with Grilled Peppers and Onions, Polenta, Pasta Salad, Triple Pepper Relish

Drums & Flats:
- Chicken Wings

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

Thursday, March 12, 2020

Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Italian Wedding and Southwest Tortilla

Spud Shack:
- Baked Potato, Baked Sweet Potato, Pulled Pork, Vegetarian Chili, Stewed Okra and Tomatoes, Braised Cabbage, Broccoli Salad with Bacon, Pasta Salad, Cornbread, Assorted Toppings

Callaloo:
- Jerk Shrimp, Curry Chicken, Red Beans and Rice, Spiced Cinnamon Sweet Potato, Plantains, Curry Cauliflower, Fruit Salsa, Cucumber and Tomato Salad

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

Friday, March 13, 2020

Grab and Go: Sandwiches, Wraps, Salads and more

Soups:
- Black Bean and Clam Chowder

Spud Shack:
- Baked Potato, Baked Sweet Potato, Pulled Pork, Vegetarian Chili, Stewed Okra and Tomatoes, Braised Cabbage, Broccoli Salad with Bacon, Pasta Salad, Cornbread, Assorted Toppings

Callaloo:
- Jerk Shrimp, Curry Chicken, Red Beans and Rice, Spiced Cinnamon Sweet Potato, Plantains, Curry Cauliflower, Fruit Salsa, Cucumber and Tomato Salad

Pizza:
- Pizzas, Calzones, Baked Pasta, Garlic Knots

Verde:
- Tacos, Burritos, Quesadillas, Taco Salad, and Nachos

Sushi with Gusto:
- Sushi and other items

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.