



January Eat Fresh

Monday

Chef Salad

Popcorn Chicken
Salad

Caesar Chicken
Salad

Club Sandwich

Buffalo Chicken
Wrap

Caesar Chicken
Wrap

Tuesday

COB Salad

Spicy Popcorn
Chicken Salad

Southwest
Chicken Salad

Chicken Salad
Sandwich (croissant)

Cajun Chicken
Wrap

Ham & Turkey
Wrap

Wednesday

Chef Salad

Popcorn Chicken
Salad

Caesar Chicken
Salad

Turkey & Bacon
Sandwich

Chicken Bacon
Ranch Wrap

Buffalo Chicken
Wrap

Thursday

COB Salad

Spicy Popcorn
Chicken Salad

Southwest
Chicken Salad

Tuna Sandwich

Turkey Bacon
Wrap

Club Wrap

Friday

Chef Salad

Popcorn Chicken
Salad

Caesar Chicken
Salad

Turkey & Ham
Sandwich

Club Wrap

Buffalo Chicken
Wrap