

Power Bowls \$5.00

Southwestern Power Bowl

Quinoa, black beans, butternut squash, sweet corn and an avocado cream sauce.

Asian Power Bowl

Quinoa, carrots, red cabbage, edamame, green onion, cilantro and sesame ginger dressing.

Smoothies \$3.00

Made with yogurt and fresh fruit

- **Strawberry Banana**
- **Peach Pineapple**
- **Mango Pineapple**
- **Mixed Berry**

DESSERT OF THE MONTH
\$2.00

Café Sandwiches served with chips and fruit \$5.00

Southwestern Veggie Hummus Wrap. Layers of hummus, black beans, corn, sweet peppers, tomatoes and shredded cheese on your choice of a pita or flour tortilla.

Buffalo Chicken Wrap. Grilled chicken, lettuce, tomato, blue cheese and spicy sauce wrapped in a tortilla.

Monterey Turkey Wrap. Turkey breast, slices of bacon, Colby jack cheese, lettuce, and tomato rolled in a whole wheat wrap.

Ham & Cheese Bagel. Ham, Havarti cheese, lettuce, and Dijon mustard on an Everything Bagel.

Café Salads served with assorted muffin \$5.00

Strawberry Poppy Seed Salad. Spinach, grilled chicken, feta cheese, sliced strawberries, candied walnuts, and poppy seed dressing.

Caesar Chicken Salad. Lettuce blend, grilled chicken, shaved parmesan, seasoned croutons, and Caesar dressing.

Oriental Crunch Salad. Shredded romaine topped with crispy chicken, chow mein noodles, mandarin oranges, slivered almonds, and an Oriental vinaigrette.

Taco Salad. Seasoned meat, spicy black beans, onion, tomatoes, cheese, sour cream and Pico de Gallo on top of lettuce. Served with tortilla chips and queso.

ORDERING

TO PLACE AN ORDER, CONTACT JAN VANBRUGGEN AT EXT. 3369 OR BY EMAIL AT JVANBRUGGEN@FHPS.NET

PLEASE PLACE ORDERS BY 1:00PM THE DAY BEFORE.

FOR ALLERGY INFORMATION AND ACCOMODATIONS PLEASE CALL THE FOOD SERVICE OFFICE AT 616.493.8774

Add ons

- 20oz bottled beverage - \$1.25
- Chips & salsa - \$1.50
- Yogurt parfait - \$4.00
- Fresh fruit, cheese & crackers – 4.00
- Candy bar - \$1.25
- Soup of the day - \$2.00
- Side garden salad - \$2.00