**Fruit Cup**

Meals includes fountain drink or milk (0-300 cals)

- Large: $8.19 ea.

Choose any 5 toppings (0-100 cals/each)

Choose 3 protein (20-160 cals)

Choose greens (5-120 cals)

Start with chicken (650-720 cals)

**Wraps**

- With kettle chips (150 cals)
- Wrap (add 240-310 cals)
- Choose jalapeno or cheese or spinach
- Turn any regular sald into a wrap.

**Grain Bowls**

- Large: $8.19 ea.

**Create Your Own**

Meals includes fountain drink or milk (0-300 cals)

- Large: $8.19 ea.

**Southwest Grains**

- Red or green peppers
- Cilantro, jalapeno, cheddar
- Cumin, cayenne, feta cheese
- 640-980 cals

**Michigan Salad**

- Cucumber, dill, mint
- Sun-dried tomatoes
- 490-700 cals

**Caesar Salad**

- Crunchy croutons
- Parmesan cheese
- Red onion
- 400-550 cals

**Asian Grain Bowl**

- Sesame dressing
- Red onion, grape tomatoes
- Edamame, broccoli, mandarin
- Cucumber, kale, bok choy
- 390-680 cals

**Signature Creations**

Fresh tossed salads

- Cucumbers, tomatoes, red onion
- Dill, mint, feta cheese
- 500-700 cals

**Croutons**