

# 2018

# June



And so much more...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02	03
<b>04</b> Turkey & American Cheese Sandwich- with Potato Chips & Pickles Calories 360-420 Side Salad Calories : 240-300 *White/ Wheat/ or Gluten Free Bread	<b>05</b> Macaroni & Cheese - Calories- 420 Side Salad Calories: 240-300 ** Vegetarian	<b>06</b> J. D. Nuggets with Organic Apple Slices Calories: 170 Side Salad Calories: 240-300 ** Gluten-Free	<b>07</b> Bowtie Pasta with Alfredo/Marinara Chicken Onside Calories: 540-640 Side Salad Calories: 240-300 **Vegetarian Pasta Available	<b>08</b> Potato Bar with Toppings of Bacon, Cheddar, and Butter Onside Calories: 310-560 Side Salad Calories: 240-300 **Vegetarian Available **Gluten Free	09	10
<b>11</b> Turkey & American Cheese Sandwich- with Potato Chips & Pickles Calories 360-420 Side Salad Calories : 240-300 *White/ Wheat/ or Gluten Free Bread	<b>12</b> Macaroni & Cheese - Calories- 420 Side Salad Calories: 240-300 ** Vegetarian	<b>13</b> J. D. Nuggets with Organic Apple Slices Calories: 170 Side Salad Calories: 240-300 ** Gluten-Free	<b>14</b> Bowtie Pasta with Alfredo/Marinara Chicken Onside Calories: 540-640 Side Salad Calories: 240-300 **Vegetarian Pasta Available	<b>15</b> Potato Bar with Toppings of Bacon, Cheddar, and Butter Onside Calories: 310-560 Side Salad Calories: 240-300 **Vegetarian Available **Gluten Free	16	17

\*\*\* Salad Bar option offered as an additional option/ or as a meal alternative for the lunch choice each day.  
 \*\*\* Salad Bar Will Contain Iceberg Lettuce, Organic Carrots, Grape Tomatoes, and Cucumber Slices, Cheddar Cheese and Croutons. Cheese and Croutons will be served on the side to aid with gluten/ dairy sensitivity. Gluten Free Ranch & Gluten /Dairy Free Italian Dressing will be served on the side. Calorie count will vary due to dressing addition.  
 \*\*\*Each meal includes choice of Organic White/ Chocolate Milk or Organic Apple Juice each day.

**Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with**

**Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons.**

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**\*\*\*\* Jason's Deli Products Are All MSG Free and use no artificial colors & dyes or high-fructose corn syrup!**