

ACTIVE GENERATIONS'

SIMPLY GOOD

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Nutrition Program Punch Card Meals

Breakfast

Breakfast served 7-11 a.m.

Comes with fruit juice and milk.

The Hearty Start:

Oatmeal, 1 egg

The Classic:

1 pancake, sausage or
bacon

The Traditional:

1 egg, 1 piece of toast,
sausage or bacon

The Bistro Style:

1 French toast, sausage or
bacon

The Early Riser:

1 egg, hashbrown, choice
of sausage or bacon

Lunch

Lunch served 11 a.m.-3 p.m.

Served with fruit and milk.

MONDAY

Hamburger on bun, fries, and vegetable
of day.

TUESDAY

½ Turkey Club wrap and cup of soup.

WEDNESDAY

Chef Salad.

THURSDAY

Grilled Chicken sandwich and coleslaw.

FRIDAY

8" one-topping of choice pizza and
vegetable of day.

ALL ITEMS
\$5.25*

**These meals are available to adults 60+ for a suggested
donation of \$5.25. Meals are \$7.25 for those under 60.*

*Learn more about Active Generations' Nutrition Program at
activegenerations.org.*