

* Not available in bldg. 407

NSA MENU

Week of July 5th - 9th

	Monday 05 July	Tuesday 06 July	Wednesday 07 July	Thursday 08 July	Friday 09 July
Morning Eye Openers 	Independence Day (observed)	Sausage & Cheese Omelet home fries (2) toast \$2.75	Grilled Ham, Egg & Cheese w/home fries \$2.50	(2) Sweet Potato Pancakes w/ham steak \$2.95	Western Omelet home fries & (2) toast \$2.75
Grilled Greats 	Independence Day (observed)	Italian Cheese Steak Hoagie \$2.75	Italian Meatball Hoagie w/pizza cheese \$2.75	Chicken Steak Sub w/lettuce, tomato and onion \$2.50	Mushroom & Swiss Burger \$2.50
Healthy Choice 	Independence Day (observed)	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce
Specialty Station 	Independence Day (observed)	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Baked Potato Bar \$1.75	Pizza Plain \$1.20 Pepperoni \$1.30 Dagwood Sandwich \$3.70	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60
Feature Vegetables 	Independence Day (observed)	garden peas sliced carrots seasoned fries	sugar peas brussels sprouts buttered noodles mashed sweet potatoes	green beans succotash buttered noodles whipped potatoes w/gravy	Macaroni & Cheese Stewed Tomatoes Cole Slaw
Daily Special 	Independence Day (observed)	Chef's Choice	Chuck Wagon Stew \$4.25	Liver & Onions w/2 vegetables \$3.95	Ham Pot Pie w/1 vegetable \$3.95
Daily Special 	Independence Day (observed)	Baked Fish w/two vegetables \$4.25	Ham Steak w/2 vegetables \$4.25	Salisbury Steak w/gravy w/2 vegetables \$4.25	Red Fish w/2 vegetables \$4.25
Soup Du Jour 	Independence Day (observed)	Chicken Vegetable Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Cream Potato Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Spanish Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Maryland Crab Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK OF JULY 12TH THROUGH 16TH

	Monday 12 July	Tuesday 13 July	Wednesday 14 July	Thursday 15 July	Friday 16 July
Morning Eye Openers 	(2) Eggs (2) bacon strips or sausage links home fries (2) toast \$2.50	Hot Cakes scrambled eggs bacon strips or sausage links \$2.50	Ham & Cheese Omelet w/home fries & toast \$2.75	French Toast w/ (2) eggs & bacon or sausage links \$2.50	Western Omelet home fries & (2) toast \$2.75
Grilled Greats 	Grilled Tuna Melt on Texas Toast \$2.25	Hot Dog w/bacon & cheese \$1.75	Italian Sweet Sausage w/peppers & onions on steak roll \$2.75	Beef Barbeque Sandwich \$2.50	Grilled Cheese \$1.25 grilled ham & cheese \$2.20
Healthy Choice 	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce	Salad Bar w/ fresh vegetables & fruit \$.25 per ounce
Specialty Station 	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60	Pizza Pepperoni \$1.30 Mushroom \$1.30 Turkey & Swiss on a croissant	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Baked Sweet Potato \$1.75	Pizza Ham & Cheese Club \$3.70	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60
Feature Vegetables 	side of spaghetti sliced carrots baked beans Au Gratin Potatoes	whipped potatoes w/gravy green beans corn & peas	rice pilaf scalloped potatoes succotash wax beans	vegetable salad buttered corn zucchini whipped potatoes	Chef's Choice mixed vegetables
Daily Special 	Italian Sausage w/2 vegetables \$3.95	Chicken Pot Pie w/1 vegetable \$3.95	Spinach Chicken Salad with hot bacon dressing \$4.25	Chef's Choice \$3.95	Fried Clam Strips w/French Fries \$4.25
Daily Special 	Chicken Parmesan w/spaghetti \$3.95 Sandwich \$2.75	Stuffed Beef Rolls w/choice 2 vegetables \$4.25	BBQ Ham Steak w/2 vegetables \$4.25	Beef Stuffed Pepper w/2 sides \$4.25	Baked Ziti w/toast \$3.95
Soup Du Jour 	Vegetable Beef Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Beef Rice Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Chicken Noodle Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Ham & Bean Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Du Jour Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK OF JULY 19TH THROUGH 23RD

	Monday 19 July	Tuesday 20 July	Wednesday 21 July	Thursday 22 July	Friday 23 July
Morning Eye Openers 	Cheese Omelet home fries (2) toast \$2.75	Baked Potato Omelet \$2.95	Pepper Sausage gravy over biscuit \$2.95	French Toast w/2 eggs & bacon or sausage links \$2.50	Spanish Omelet home fries & (2) toast \$2.75
Grilled Greats 	Cheeseburger Hoagie \$2.75 add French Fries \$.75	Grilled Turkey Sandwich w/ bacon ranch dressing \$2.75 add 8 oz Soup \$.75	Grilled Chicken strips w/bacon on steak roll \$2.75 add onion rings \$1.10	Hot Dog w/chili or sauerkraut \$1.60	Crab Cake Sandwich \$2.50
Healthy Choice 	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce
Specialty Station 	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60	Pizza 8" Tuna Boat \$3.35 add 8 oz soup \$.85	Fried Chicken Baked Potato Bar \$1.75	Pizza BLT \$2.25	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60
Feature Vegetables 	carrot & celery amondine deviled onion fries	Italian Green Beans biscuit salad	Chef's Choice	green beans whipped potatoes w/gravy buttered corn Spanish Rice	cream slaw steamed rice whole baby carrots
Daily Special 	Hamburger BBQ w/2 vegetables \$3.95	Beef-a-roni w/toast \$3.95	Chef's Choice	Beef Sukiyaki \$4.25	Chicken & Waffles \$3.95
Daily Special 	Ham, Potatoes & Green Beans \$3.95	Chicken ala King w/1 vegetable \$4.25	Taco Salad \$4.25	Hot Pork Sandwich w/2 vegetables \$4.25	Chef's Choice
Soup Du Jour 	Split Pea Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Tomato Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Beef Vegetable Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Broccoli Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Du Jour Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK OF JULY 26TH THROUGH 30TH

	Monday 26 July	Tuesday 27 July	Wednesday 28 July	Thursday 29 July	Friday 30 July
Morning Eye Openers 	(2) Eggs (2) bacon or (2) sausage links (2) toast home fries \$2.50	Blueberry Pancakes w/bacon strips or sausage links \$2.50	(2)Waffles (2) eggs (2) sausage links \$2.50	Ham Steak & eggs w/home rries & toast \$2.75	French Toast w/ 2 eggs & bacon or sausage links \$2.50
Grilled Greats 	Grilled cheese w/ bacon \$2.75 add French Fries \$.75	Turkey Burger \$2.35	Grilled Roast Beef \$2.75	Italian Cheese Steak Hoagie \$2.75	Grilled Tuna Melt \$2.50
Healthy Choice 	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce	Salad Bar with fresh vegetables & fruit \$.25 per ounce
Specialty Station 	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60	Pizza Chicken Salad Sub \$2.70	Potato Bar \$1.75 Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60	Pizza Turkey Bacon Club \$3.70	Fried Chicken Breast \$1.70 Thigh \$1.30 Leg \$.80 Wing \$.60
Feature Vegetables 	tossed salad collard greens potato salad	buttered corn spinach whipped potatoes w/gravy colonial style cabbage	glazed carrots macaroni & cheese stewed tomatoes onion rings	mashed potatoes & gravy peas red beets tossed salad	Chef's choice
Daily Special 	Baked Spaghetti w/garlic toast \$3.95	Chef's Special	Pork Barbeque Sandwich w/1 vegetable \$3.95	Hot Turkey Sandwich w/2 vegetables \$4.25	Tuna Casserole w/1 vegetable \$3.95
Daily Special 	Barbecue Chicken w/2 vegetables \$4.25	Stuffed Chicken Breast w/2 vegetables \$4.25	Batter Dipped Fish w/2 vegetables \$4.25	Baked Lasagna w/garlic toast \$3.95 w/salad \$4.25	Chef's Choice \$3.95
Soup Du Jour 	Chicken Corn Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Potato Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Macaroni Beef Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Ham & Bean Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Seafood Bisque Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

