

# DEFENDER CANTEEN MENU 22-23

<b>A La Carte Menu</b>	
Fresh Whole Fruit	\$1.00
Apple, Banana, Seasonal	
String Cheese	\$0.50
Guacamole Cup	\$2.00
Cliff Bar	\$2.00
Chips	\$1.00
Candy	\$1.00
Cheese & Nut Snack	\$1.50
Smuckers PBJ	\$2.00
Water	\$1.00
Soda	\$1.00
Gatorade	\$2.00
Milk	\$1.00
Regular — Chocolate	
Protein Shake	\$2.50
Naked Juice	\$2.50
Starbuck Drink	\$2.50
Snapple	\$2.00
Orange Juice	\$2.00
Pure Leaf Tea	\$2.00

<b>Break Items</b>	
Donuts	\$1.00
Bagels w/ Cream Cheese	\$2.00
Big Texas Cinnamon Roll	\$1.50
Breakfast Burrito (Wednesdays)	\$3.00
Muffins	\$1.50
Cereal Cups	\$1.50
Burritos (Wednesdays)	\$2.50
2 Cookies (Mon, Tue, Thu, Fri)	\$1.00

<b>Lunch Menu</b>	
Pizza - Cheese & Pepperoni (Daily)	\$2.00
BBQ Chicken & Hawaiian (Tue & Fri)	
Chick fil-A Sandwich (Mondays)	\$6.00
Regular & Spicy	
Subway (Tuesdays)	\$4.50
Turkey & Italian	
El Pollo Loco (Tuesdays)	
RBC Burrito	\$3.50
Chicken Bowl	\$5.50
Pick Up Stix (Wednesdays)	\$4.00
House, Orange, Teriyaki Chicken or Tofu	
Pasta (Thursdays)	\$4.00
Chicken Fettuccini, Spaghetti w/Meatballs	
Chick fil-A (Fridays)	\$6.00
8 Count Nuggets	
All Beef Hot Dog	\$3.00
Nachos (Daily)	\$2.00
Salads (Daily)	\$4.50
Fresh Fruit Plate (Daily)	\$3.00