

March 12-March 18

Soup of the Week

Chicken & Wild Rice Soup

135Cal

Monday

Mushroom Barley Soup

165Cal

Vegetable Orzo

160Cal

Tuesday

Asparagus & Roasted Garlic Soup

285Cal

Vegetarian Chili

285 Cal

Wednesday

Cheddar Broccoli Chowder

360 Cal

Italian Wedding Soup

170 Cal

Thursday

Mushroom Vegetable Soup

135Cal

Chili Con Carne

345Cal

Friday

Cream of Tomato Basil Soup

230 Cal

Minestrone

210Cal

Express Special

(Tues, Wed, Thurs)

Reuben Melt with Chips and a 20 Fountain Soda or 16.9oz Bottled

Water Alone 720 Cal, \$6.89

With Chips and a 21 oz Fountain Soda or 16.9oz Bottled Water

830-1180 Cal

\$7.89

Monday-

Breakfast Home

Egg and Sausage Biscuit 620 Cal \$2.49

Oatmeal 230 Cal,

Creamed Chipped Beef over Biscuits,

5oz, 1 biscuit 490 Cal

Home

Just 4 U

Lifestyles-Suggestion

Cumin Rubbed Pork Loin (alone 150

Cal \$3.69) **with 2 Side, and a 21oz**

Fountain Beverage (16OZ Coffee or

16.9oz Bottled

Water) 315-910 Cal \$5.89

Vegetarian: Eggplant Parmesan

350 Cal \$3.69

Nashville Hot Chicken Sandwich
(alone 550 Cal, \$4.49)), **1Side** (does

not include Sweet Potato Fries) and

21oz Fountain Beverage (16OZ Cof-

fee or 16.9 oz Dasani)

660-1150 Cal, \$5.49

Philly Steak Sandwich 510 Cal \$4.49

Philly Steak Salad 280 Cal \$4.49

Deli

Grilled Chicken and Bacon Melt(Sand

alone 650 Cal \$4.59) **with Chips** and a

21oz Fountain Beverage (16OZ Coffee

or 16.9 oz Bottled Water)770-1070 Cal

\$5.59

Chicken and Avocado on

Ciabatta (550 Cal \$5.29)

TUESDAY-

Breakfast Home

Ham, Egg and Cheese Bagel

330 Cal \$2.99

Cheese Grits 142 Cal,

Sausage Gravy over Biscuits

5oz, 1 biscuit 590 Cal

Lunch Specials

Just 4 U

Life Style Suggestion

Beef Taco Salad (alone 740Cal \$6.09)

with a side and a 21oz Fountain Soda

(16oz Coffee or 16.9oz

Bottled Water)

860-1340 Cal \$7.19

Vegetarian: 2 Bean Burrito Bowl

450 Cal \$3.09

Grill

Portobello Cheeseburger (Alone: 540Cal

\$5.09) with side (does not include Sweet

Potato Fries) and a 21oz Fountain Soda

(16oz Coffee or 16.9oz

Bottled Water)

650-1140 Cal \$6.19

Hot Dogs 320 Cal , Chili Dogs 420 Cal

DELI will be SELF SERVE and

weighed

PIZZA available

Pepperoni 560 Cal, **Cheese** 500

Cal , Cheesesteak Pizza 440Cal

and Italian Deli Stromboli

750 Cal

Wednesday

Breakfast Specials

Sausage, Egg and Cheese Croissant

630 Cal \$3.29,

Cream of Wheat, 150 Cal

Creamed Chipped Beef over Biscuits

5oz , 1 biscuit 490 Cal

Lunch Specials

Home

Roast Turkey (Alone: 122 Cal 3.89)

with 2 Sides and a 21oz Fountain

Beverage (16OZ

Coffee or 16.9 oz Bottled

Water)

352-842 Cal \$6.09

Grill

Guinness Battered Fish (4oz 220 Cal \$3.79)

Spicy Cilantro Turkey Burger (Alone 390

Cal, \$4.99) , a side (does not include Sweet

Potato Fries) and a 21oz Fountain

Beverage (16OZ Coffee or 16.9 oz

Bottled Water)

500-990 \$6.09

DELI will be SELF SERVE and

weighed

PIZZA available

Pepperoni 560 Cal, **Cheese** 500

Cal , Cheeseburger Pizza 460

Cal and Chicken Parmesan

Roiletto

510Cal

Thursday- Breakfast Home

FRIDAY-Breakfast home

WEEKENDS

Healthy for Life

March is National Nutrition Month



March is National Nutrition Month and this year, the Academy of Nutrition and Dietetics encourages everyone to “Go Further with Food.” This includes choosing foods that are healthful to both you and to the environment. Shopping locally is a great way to add healthful foods to your meals, while conserving natural resources.

Take advantage of local farmers’ markets, including the Frostburg Winter Market being held the first and third Saturdays at Mountain City Traditional Arts from 10 am – 1 pm. The Allegany Farmers’ Markets will be resuming in May and WMHS will again host a market. For more information about Allegany Farmers’ Markets visit <https://alleganymountainfresh.weebly.com/>

Now is a great time to think about planting your own garden. And if you don’t have your own garden space, WMHS has a few community garden spaces left. If interested, contact Tara Hartsock at 240-964-2313.

For more information about National Nutrition Month, including articles, recipes, videos and educational resources, visit <http://www.eatright.org/resources/national-nutrition-month>. Happy National Nutrition Month!

Oatmeal 230 Cal 
Sausage Gravy over Biscuits

5oz, 1 biscuit 590 Cal,
Sausage, Egg and Cheese Taco 2each
460 Cal \$3.99

EXHIBITION

Chicken or Shrimp Caesar Salads

Sauteed Chicken or Shrimp on a bed of Fresh Romaine with our choice of **Housemade Croutons, Bacon, Black Olives, Red Onions and /or Shredded Parmesan**, served with a **Breadstick and 21oz Fountain Beverage (16.9oz Btl Water or 16oz Coffee)**

Choice of **Caesar, Cracked Pepper Caesar or Balsamic Vinaigrette**

Chicken (\$6.49), Shrimp (\$7.29)

Grab a Buddy
(A savings of \$9)
Shrimp : \$13.59
Chicken: \$11.99
Just 4 U

Lifestyles-Suggestion
Sesame Chicken (Only with Rice: 690 Cal \$4.29)with a side and a 21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water)
730-1290 Cal \$5.39

Vegetarian: Two Bean Burrito
740Cal \$3.29

Grill
Tavern Burger ((620 Cal \$6.99) with a Small Bag of Chips and **21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water)**
730-1220 Cal \$8.09

Hot Dogs 320 Cal , Chili Dogs 420 Cal

DELI

Combo: Turkey Cobb Warp alone 600 Cal \$6.59) with Chips and 21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water
720-1060 Cal \$7.59

Oatmeal 230 Cal 
Cream of Wheat 150 Cal,
Bacon, Egg & Cheese Burrito

585 Cal \$3.99

Creamed Chipped Beef over Biscuits

5oz , 1 biscuit 490 Cal

LUNCH SPECIALS

Home

Pasta Bar

6oz Pasta with 4oz sauce and
Breadstick 490-520 Cal \$3.69

Just 4 U

Lifestyles-Suggestion

BBQ Chicken (Alone 340 Cal \$3.69), with a Sides and a 21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water)
355-940 Cal \$4.79

Vegetarian: Portobello Taco with Corn
140 Cal, 2.89 Each

GRILL:

Chicken Philly Sub 430 Cal \$4.19

Chicken Philly Salad 200-390 Cal \$4.19

Salmon Burger (Alone: 350 Cal \$5.09) with Baked Lays and a 21oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 830-1130 Cal \$6.19

DELI

BBQ Turkey Cheddar Melt (Sand alone 490 Cal \$4.89) with Chips and a 21oz Fountain Beverage (16OZ Coffee or 16.9oz Bottled Water)600-950 Cal \$5.89

Roast Beef on Ciabatta 630 Cal \$6.79

BREAKFAST

STANDARD BREAKFAST GRILL

CREAMED CHIPPED BEEF OVER BISCUITS

5oz , 1 biscuit 490 Cal

OATMEAL 230 Cal

LUNCH

STANDARD GRILL

Chicken Tortilla Soup

195 Cal

Sat Grilled Montreal Chicken (Alone 133 Cal , \$3.69)

with 2 Sides and a and 21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water) 263-893Cal \$5.89

Spicy Cilantro Turkey Burger (alone 230 Cal \$2.99), with Side and Fountain

Beverage 340-830 Cal \$4.09

Sun Garlic Grilled Salmon (alone: 180 Cal, \$4.99)

with 2 Sides and 21oz Fountain Soda (16oz Coffee or 16.9oz Bottled Water) 1110-1380 Cal \$6.79305-880 Cal \$7.09

Turkey Bacon Pretzel Melt (670 Cal \$6.59), with side and Fountain Beverage

985-1335 Cal \$7.69

8” Pizza (630-730 Cal) and a 21oz Fountain Soda (16oz Coffee or 16.9oz Dasani)

630-1030 Cal \$4.99

“SHARE ME SPECIALS”

Monday: A Philly Steak Sub, 2 Grab n Go Tossed Salads, 2 Bottled Waters. Just 4U Price \$9.19 (regular price \$10.25)

Tuesday: 2-1/2 wraps from Grab n Go, 2 cups of Soup and 2 Bottled Water Just 4U Price \$8.99 (regular price \$10.74)

Wednesday: 1 Panini of the Day, 2 Grab n Go Tossed Salads, 2 Bottled Waters. Just 4U Price \$10.79 (regular price \$11.85)

Thursday: 1-Grilled Cheese, 2 cups of Soup and 2 Bottled Water. Just 4U Price \$6.59 (regular price \$7.55)

Friday: 1 Chicken Philly Sub, 2 Grab n Go Tossed Salads, 2 Bottled Waters. Just 4U Price \$8.69 (regular price \$9.95)