

Oct 3 - 7, 2016

Enjoy an array of colors on the salad bar all week!

Eat the Colors of the Rainbow



Join us at the Salad Bar to taste all the colors and learn about their special benefits!

Lunch Prices: Students \$3.50, Adults \$4.50, Adult Salad Bar Only \$4



MONDAY IS
RED

To improve heart and blood health and support joints



TUESDAY IS
PURPLE OR BLUE

Helps you to retain minerals and fight off diseases



WEDNESDAY IS
GREEN

Helps your immune system stay strong and your eyes healthy



THURSDAY IS
ORANGE

To prevent cancer and promote growth of hair and nails



FRIDAY IS
WHITE

To help cholesterol levels and keep a healthy heart