

KJ Dance Recital Menu for Monday June 7th

Name: _____ Company: _____

Salads

- o Come with either a roll, or a fresh fruit, & a cookie
- o Salad dressings are packaged on the side
- o Bottled Water

Fresh fruit selection is based upon season & availability

Circle your choice:

Traditional Caesar Salad(\$6.50)
o Add some lean chicken for your protein shot(\$3.00)

HerbanFresh Cobb Twisted Salad.....(\$9.00)
o Spring mix, chopped hardboiled egg, smoked turkey breast, diced fresh tomatoes, avocado, green onion, grated Jack Cheese

Spinach Salad(\$9.00)
o Baby Spinach Greens, slithered almonds, shallots, cranberries, turkey bacon, goat cheese and fresh sliced mushrooms

HerbanFresh Traditional Greek salad.....(\$9.50)
o Romaine Lettuce, Ripe Tomatoes, Red onion, Green pepper, Kalamata Olives, Feta Cheese, Pepperoncini & Lean chicken strips

Montreal Salad(\$9.00)
o Lean Canadian ham, Fresh Pineapple Wedges, Romaine lettuce, red pepper, red onion, grape tomatoes, grapes

Fruity Fruit Salad(\$9.00)
o Pineapple wedge, melon, grapes, orange slices, seasonal berries ,mozzarella stick, pecans, granola, yogurt for dipping (Mini Muffin replaces roll)

Tuna Salad in a giant tomato(\$9.50)
o A large tomato stuffed with our special tuna salad and nestled on a bed of spring mix with cucumber, shredded carrots, red onion (Bagel Chips replace Roll)

Now pick your cookie
o chocolate chip or peanut butter or oatmeal raisin

Choose one
o Roll or Apple, Orange or Banana

Sandwiches

- o Come with a bag of chips, or pick a fresh fruit, & a cookie
- o Bottled water

Now Design your own

Sandwich.....(\$8.50)

First pick your bread:

- o White, Rye, Wheat, Challah, Asiago, Wheat, Pita Pocket
- o

Or Wrap:

- o Flour, Sundried Tomato, or Spinach
- o

Next, Pick from this, the power group:

- o Roast Beef, Grilled Chicken, Roast Turkey, Honey Roast Ham, Tuna Salad, Chicken Salad with dried Apricots and almonds or Grilled Portabella Mushroom
- o

Now, pick a cheese, if you please:

- o American, Pepper Jack, Buffalo Mozzarella, Cheddar, Goat cheese, Gorgonzola Cheese
- o

Then, Pick a little flavor, or a lot:

- o Light Mayo, Yellow Mustard, Dijon Mustard, Honey Mustard, Ranch, Thousand Island, Red Pepper, Aioli Garlic, Aioli Pesto, Balsamic, vinegar & olive oil
- o

Now, for the crunchy stuff – this is the GOOD stuff, so go for it!!

- o Romaine Lettuce, Spring Mix, Baby Spinach, Arugula, Tomatoes, Red onions, Green Peppers, Avocado Kalamata Olives, Roasted Red peppers ,Pepperoncini’s, Pineapple, Caramelized Onion, Cucumber, Carrots, Tomato Salsa, Fresh Basil, Fresh Cilantro, Fresh Oregano,

Now you can select your chips:

- o Regular, Baked Regular, Baked BBQ Cheetos, Baked Sour Cream, Sun Chips

Or pick a piece of Fresh fruit

- o Granny Smith Apple Red Delicious Apple, Banana or Orange

A delectable cookie – choose any one

- o Chocolate Chip, Peanut Butter, or Oatmeal Raisin

And to rehydrate y’all

- o Pure H2O – sealed bottle ☑

Total Items orders: _____

Total amount due: \$ _____

Checks payable to BWAB (form printed from kjdance.com)
Contact Chris O’Leary for any questions.
972-618-6739 or 214-395-7304