### February is American Heart Month

**#MoveWithHeart**

Look for the “sensible selection” logo or “savina says” icon to identify better-for-you meals & snacks and wellness tips from Savina, our on-site dietitian!

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### Daily Features

#### Monday, February 05, 2018

**BREAKFAST**

- Sensible breakfast: egg & cheese whole wheat english muffin: $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats
- Hot breakfast cereal and grits
- Lunch: meatless monday:
  - Low sodium soups of the day: garden vegetable & corn chowder
  - Meatless Monday: curried vegetable pot pie
  - American classics: chicken parmesan
  - Canyons: turkey breast with tomatoes and provolone
  - Butcher and Baker: Asian BBQ chicken, cubano, buffalo cauliflower wrap

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### Tuesday, February 06, 2018

**BREAKFAST**

- Sensible breakfast: egg & cheese whole wheat english muffin: $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats
- Hot breakfast cereal and grits
- Lunch:
  - Low sodium soups of the day: tomato basil bisque & Italian wedding
  - Sensible selection: chili crusted chicken breast
  - American classics: pesto pasta
  - Canyons: turkey breast with tomatoes and provolone
  - Butcher and Baker: Asian BBQ chicken, cubano, buffalo cauliflower wrap

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### Wednesday, February 07, 2018

**BREAKFAST**

- Sensible breakfast: egg & cheese whole wheat english muffin: $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats
- Hot breakfast cereal and grits
- Lunch:
  - Soup of the day: wild mushroom bisque & vegetable beef barley
  - Hearth entree: masala featuring coconut tofu curry & chicken mahkini
  - Canyons: turkey breast with tomatoes and provolone
  - Butcher and Baker: Asian BBQ chicken, cubano, buffalo cauliflower wrap

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### Thursday, February 08, 2018

**BREAKFAST**

- Sensible breakfast: egg & cheese whole wheat english muffin: $2.29
- Self-serve breakfast items: scrambled eggs and breakfast meats
- Hot breakfast cereal and grits
- Lunch:
  - Soup of the day: broccoli cheddar & black bean
  - American classic: turkey meatloaf
  - Canyons: turkey breast with tomatoes and provolone
  - Butcher and Baker: Asian BBQ chicken, cubano, buffalo cauliflower wrap

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The “fast casual” Grill features basic burgers and chicken sandwiches along with a variety of hot hand-held breakfast and lunch items. Our chefs focus on seasonality to add a rotation of grilled specialties featuring fresh ingredients and flavor.

Sensible breakfast: egg & cheese whole wheat english muffin
breakfast items: scrambled eggs and breakfast meats
hot breakfast: cereal and grits

LUNCH
soup of the day: tomato lentil & clam chowder
fish market: cajun roast salmon
american classic: macaroni and cheese
carvery: turkey breast with tomatoes and provolone
butcher and baker: asian bbq chicken, cubano, buffalo cauliflower wrap
soft serve frozen yogurt

Imperfectly Delicious Produce is a program that utilizes non ‘retail’ Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left un-harvested in the field or discarded but it would be perfectly suitable for cooking. The IDP program allows Compass chefs to find a home for everything that is good and edible and save thousands of pounds per year from going to waste.