



WELLS CENTRAL

Meal Exchange Information



1. Choose 1 Item from Our Bakery Case
2. Choose 1 Piece of Fruit
3. And 1 Beverage



1. One Entrée
2. Choose 3 of the following:
 - Side Dish
 - Side Salad
 - Whole Fruit
 - Dessert
3. And 1 Beverage



1. One Sandwich
2. Choose 3 of the following:
 - Side Salad
 - Small Soup
 - Fruit
 - Chips
 - Dessert
3. And 1 Beverage



LUNCH EXCHANGE #1

1. Large "Build-Your-Own" Salad
2. Choose 3 from the following:
 - Whole Fruit
 - Side from Fruit Bar
 - Small Soup
 - Bread/Roll
 - Dessert
3. And 1 Beverage

LUNCH EXCHANGE #2

1. Large Soup
2. Choose 3 from the following:
 - Whole Fruit
 - Side from Salad or Fruit Bar
 - Small Soup
 - Bread/Roll
 - Dessert
3. And 1 Beverage

DINNER

See Nightly Menu for Selections



1. Choose 1 of the following:
 - Two Slices of Pizza
 - Hot Sandwich
 - Hot Entrée
2. Choose 3 of the following:
 - Side Salad
 - Fruit
 - Chips
 - Dessert
3. And 1 Beverage



Grab & Go
Meal Exchanges
available at
Wells Market!
See a Market associate
for details!