



WELLS CENTRAL

Meal Exchange Information



1. Choose 1 Item from Our Bakery Case or Cereal with Milk
2. Choose 1 Piece of Fruit
3. Beverage*



1. One Entrée
2. Choose 4 of the following:
 - Side Dish
 - Side Salad
 - Whole Fruit
 - Dessert
 - Beverage*



1. One Sandwich
2. Choose 4 of the following:
 - Side Salad
 - Small Soup
 - Fruit
 - Chips
 - Dessert
 - Beverage*



LUNCH EXCHANGE #1

1. Large "Build-Your-Own" Salad
2. Choose 4 from the following:
 - Whole Fruit
 - Side from Salad Bar
 - Bread/Roll
 - Side Soup
 - Dessert
 - Beverage*

LUNCH EXCHANGE #2

1. Large Soup
2. Choose 4 from the following:
 - Whole Fruit
 - Side from Salad Bar
 - Bread/Roll
 - Dessert
 - Beverage*

DINNER

See Nightly Menu for Selections



1. Choose 1 of the following:
 - Two Slices of Pizza
 - Hot Sandwich
 - Hot Entrée
2. Choose 4 of the following:
 - Side Salad
 - Whole Fruit
 - Chips
 - Breadsticks w/Sauce
 - Dessert
 - Beverage*



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

***Beverage: Limit 1 soy milk per meal exchange**