**OPTIMAL DEFAULT LUNCH MENU**

*Today, we will be serving the following lunch items. You may select one entrée.*

* Entrees
	+ Baked Chicken with Brown Rice Pilaf
	+ Vegetable Stir-Fry with Brown Rice Pilaf
* Green Salad with Fat Free Dressing
* Fresh Fruit

\*Alternative menu items are available by request and require a 15 minute wait. Requests can be made with the study staff at the checkout table. The alternative items are: Fried Chicken with Fried Rice or Stir-Fried Teriyaki Vegetables with Lo Mein, Caesar Salad, Fruit Pie

**SUB-OPTIMAL DEFAULT LUNCH MENU**

*Today, we will be serving the following lunch items. You may select one entrée.*

* Entrees
	+ Fried Chicken with Fried Rice
	+ Stir-Fried Teriyaki Vegetables with Lo Mein
* Caesar Salad
* Fruit Pie

\*Alternative menu items are available by request and require a 15 minute wait. Requests can be made with the study staff at the checkout table. The alternative items are: Baked Chicken with Brown Rice Pilaf or Vegetable Stir-Fry with Brown Rice Pilaf, Green Salad with Fat Free Dressing, Fresh Fruit

**FREE ARRAY LUNCH MENU**

*Today, we will be serving the following lunch items. You may select one entrée, one salad, and one dessert:*

* Entrees
	+ Baked Chicken with Brown Rice Pilaf
	+ Fried Chicken with Fried Rice
	+ Vegetable Stir-Fry with Brown Rice Pilaf
	+ Stir-Fried Teriyaki Vegetables with Lo Mein
* Salad
	+ Green Salad with Fat Free Dressing
	+ Caesar Salad
* Dessert
	+ Fresh Fruit
	+ Fruit Pie