**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