



NATURE TRAIL
HEALTH AND REHAB CENTER

THE CLASSICS

Choose from a range of delicious lunch options, available year-round.

DELI SANDWICH

Made with your choice of lunch meat on white or wheat bread.

COTTAGE CHEESE AND FRUIT

A refreshing dish featuring seasonal fresh fruit.

HAMBURGER

Served on a bun topped with crisp lettuce and tomato.

PEANUT BUTTER & JELLY

Enjoy this duo on white or wheat bread. Includes your choice of jelly.

CHEESE SANDWICH

A combination of American and Cheddar grilled to perfection on white or wheat bread.

COLD CEREALS AND MILK

Choose from favorites like Cornflakes, Cheerios, and Honey Bunches of Oats.

CHOOSE A SIDE

Pick your pairing (one per meal):

Side Salad with French or Italian dressing

Jello

Chips

Mashed Potatoes

Applesauce

Yogurt

