



CountrySide Smart Choices Menu

Approved by your local
Corpening Memorial YMCA as a smart choice

Salads

Strawberry Spinach Salad - \$8.79

Fresh garden greens and baby spinach with grilled chicken, fresh strawberries and feta cheese (no pecans)

Fruit Salad - \$8.79

Seasonal fruits served with cottage cheese and a warm muffin

Garden Salad - \$2.99

Fresh garden greens with tomatoes, red onion, and cucumbers.

*Smart Choices Salad Dressings - Lite Ranch, Fat Free Raspberry Vinaigrette, Fat Free 1000 Island

Entrees

(Includes Two Sides, served without bread)

Sliced Smoked Turkey Breast (4oz.) - \$6.49

Smoked Chicken (5oz. boneless/skinless) - \$6.99

Italian Grilled or Blackened Chicken Breast - \$6.49

Grilled or Blackened Fish (Flounder, 4oz.) - \$5.49

Sides - \$1.99

Red Slaw - Baked Sweet Potato - Sliced Tomatoes - Steamed Broccoli -
Sautéed Spinach - Fresh Fruit

Beverages - \$1.99

1/2 & 1/2 Iced Tea (50% less Sugar)

Unsweetened Tea

