



BREAKFAST

LUNCH

DINNER

MONDAY
01/14

Scrambled Eggs, Oatmeal with Honeydew and Granola, glass of milk

Chicken Teriyaki Bowl topped with roasted Brussels sprouts, ½ cup of strawberry yogurt with a spoonful of granola and drizzle of honey

Spinach salad topped with black bean burger with roasted vegetables, quinoa, and shredded cheese, bowl of sliced mango, grapes, and assorted apples

TUESDAY
01/15

Yogurt bowl topped with granola, strawberries, sliced bananas, and 2 Tbsp peanut butter

Bowl of artichoke, white bean, and potato stew topped with shredded cheese, slice of whole wheat toast with hummus and sliced cucumbers

One slice of Greek pizza with a side spinach salad, assorted veggies, quinoa, and a drizzle of olive oil, glass of skim milk and an apple

WEDNESDAY
01/16

Grit bowl with scrambled eggs and sprinkled cheese, yogurt with bananas and raisins

Sweet Potato filled with vegan chili and a banana with 2 Tbsp peanut butter and a glass of skim milk

Beef and broccoli over jasmine rice, granola and grapes with yogurt

THURSDAY
01/17

Oatmeal bowl with 2 Tbsp peanut butter, sliced bananas, strawberries, drizzle of honey, glass of skim milk

Baked sweet potato topped with black beans, assorted veggies, and cheddar cheese, bowl of pineapple, grapes, and orange wedges

Bowl of chili con carne with a sprinkle of cheese, slice of toast with 1 Tbsp of butter, sliced banana

FRIDAY
01/18

Omelet with peppers, onions, and cheese, oatmeal with strawberries and a drizzle of honey

Herb baked fish, green beans, whole wheat toast with bananas and 2 Tbsp peanut butter

Grilled pork chop, green peas, side salad with quinoa and italian dressing, orange slices and skim milk

SATURDAY
01/19

Included in Lunch

Spinach salad with cucumber, peppers, hard boiled egg, carrots, quinoa, and balsamic dressing, glass of skim milk, half of a grapefruit

Grilled portobello mushroom on whole wheat bun, side salad with chickpeas, quinoa, sunflower seeds, edamame and carrot coin blend, bowl of yogurt with sliced bananas and a drizzle of honey

SUNDAY
01/20

Included in Lunch

Sliced banana and peanut butter toast, bowl of vanilla yogurt with fresh berries

Turkey burger on whole wheat bun, side salad with assorted veggies and a drizzle of olive oil, glass of skim milk, ½ cup of honeydew melon



BREAKFAST

LUNCH

DINNER

MONDAY
1/21

Veggie omelette with cheddar cheese and avocado, slice of whole wheat toast with 1 Tbsp of butter and an apple

Baked chicken topped with herb roasted mushrooms, side of dal makhani lentils, bowl of yogurt with sprinkle of granola and sliced strawberries

Black bean burger on whole wheat bun, side of chickpea zucchini saute, glass of skim milk, sliced banana with a drizzle of honey

TUESDAY
1/22

Oatmeal bowl with sliced bananas and strawberries, a sprinkle of brown sugar and a spoonful of honey, glass of skim milk

Baked cod with steamed veggies, side spinach salad with black beans and quinoa, bowl of strawberry yogurt with fresh cut berries

Fresh salad with assorted veggies and black beans topped with veggie burger, slice of whole wheat toast and 2 Tbsp peanut butter and sliced bananas, glass of skim milk

WEDNESDAY
1/23

Two slices of whole wheat toast with peanut butter, fresh fruit, glass of skim milk

Spinach salad topped with quinoa, vegan chorizo, black beans, guacamole, and diced tomatoes, bowl of yogurt topped with granola and sliced bananas

Thai barley stir fry topped with black beans, glass of skim milk, apple

THURSDAY
1/24

Scrambled egg sandwich on whole grain bread with shredded cheese, glass of skim milk, bowl of fresh fruit

Baked chicken with redskin potatoes, side spinach salad with quinoa, assorted veggies, and a drizzle of olive oil, bowl of yogurt, sliced banana with 2 Tbsp peanut butter

Indian spiced tofu with tomato gravy over steamed rice, zucchini and onions, whole grain toast with 1 Tbsp butter, glass of skim milk, bowl of grapes and pineapple

FRIDAY
1/25

Oatmeal bowl with sliced fruit, 2 Tbsp peanut butter, drizzle of honey, glass of skim milk

Black bean burger over garden blend rice, roasted italian vegetables, bowl of vanilla yogurt with a sprinkle of granola and cup of fresh fruit

Italian sausage with peppers and onions, side spinach salad with assorted veggies, quinoa, and balsamic vinaigrette, glass of skim milk, cup of honeydew melon

SATURDAY
1/26

Included in Lunch

Monterrey chicken with wild rice and vegetable du jour, bowl of strawberry yogurt topped with fresh fruit and a drizzle of honey

Spinach salad with assorted veggies topped with turkey burger, quinoa, black beans, shredded cheese, and olive oil, glass of skim milk, sliced apples

SUNDAY
1/27

Included in Lunch

Apple chicken sausage, fresh scrambled eggs, homestyle grits topped with cheese, spring green salad, tropical pineapple

Pesto chicken skewers, brown rice, lima beans, carrot coins, creamy vanilla yogurt with sliced peaches



BREAKFAST

LUNCH

DINNER

MONDAY
1/28

2 hard boiled eggs, orange wedges, whole grain toast, creamy strawberry yogurt

Monterey chicken, herb roasted potatoes, spinach salad topped with quinoa and fresh cut fruit, glass of Howling Cow skim milk

Black bean burger on whole grain bun with guacamole from display station, carrot coins, fresh cut honeydew, side of creamy vanilla yogurt topped with spoonful of granola

TUESDAY
1/29

Oatmeal topped with peanut butter and banana, Howling Cow skim milk

Spinach salad with quinoa, cucumber, tomato, olives, artichoke hearts, and feta cheese, herb crusted pork loin, tropical fruit salad

Vegetable quesadilla with side of corn and turnip greens, yogurt and fresh cut fruit

WEDNESDAY
1/30

Freshly scrambled eggs with whole grain toast, fresh cut grapefruit, glass of Howling Cow skim milk

Mushroom and rice stuffed pepper, thai chicken red curry soup, vanilla yogurt topped with sliced peaches

Seasoned turkey burger with slice of cheese on whole grain bun, sugar snap peas, fresh cut melon

THURSDAY
1/31

Spinach and cheese omelet with grits and melon

Grilled salmon with dill sauce with green beans, yogurt with mixed fruit, whole wheat toast

Char Grilled portobello burger on a whole grain bun with tomato masala lentil soup, orange wedges, and glass of Howling Cow skim milk

FRIDAY

SATURDAY

SUNDAY