



**BREAKFAST**

**LUNCH**

**DINNER**

**MONDAY**  
**01/28**

Athletic Training Table

**TUESDAY**  
**01/29**

Athletic Training Table

**WEDNESDAY**  
**01/30**

Athletic Training Table

**THURSDAY**  
**01/31**

Athletic Training Table

**FRIDAY**  
**02/01**

Omelette with spinach and cheese,  
strawberries, grits

Tomato basil soup, spinach salad with fajita  
chicken and shredded cheese and assorted  
veggies with drizzle of balsamic, cottage  
cheese topped with pineapple chunks

Closed

**SATURDAY**  
**02/02**

Closed

Closed

Closed

**SUNDAY**  
**02/03**

Included in Lunch

Scrambled eggs with vegetable du jour, grits,  
and fresh fruit

Athletic Training Table



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**02/04**

Boiled eggs with brown rice and broccoli, side of diced melon and a glass of skim milk

Honey sriracha cod with wild rice and stewed green beans, cottage cheese topped with mandarin oranges

Athletic Training Table

**TUESDAY**  
**02/05**

Chicken sausage, grits with cheese, blackberries

Chicken bbq, vegetable soup, slice of whole grain bread, pineapple, glass of skim milk

Athletic Training Table

**WEDNESDAY**  
**02/06**

Oatmeal with blueberries and a drizzle of honey, glass of skim milk

Turkey burger on whole grain bun, collard greens, sliced peaches with a side of strawberry yogurt

Athletic Training Table

**THURSDAY**  
**02/07**

Scrambled eggs, herb roasted mushrooms, diced melon, whole grain toast, glass of skim milk

Herb crusted pork loin, baked sweet potato, broccoli florets, vanilla yogurt with fresh strawberries

Athletic Training Table

**FRIDAY**  
**02/08**

Cheese omelette, asparagus, diced pineapple, whole grain toast

Stir fry vegetable noodles, cottage cheese with mandarin orange, side salad with spinach, chickpeas, tomatoes, and sunflower seeds with a drizzle of olive oil/balsamic vinegar

Closed

**SATURDAY**  
**02/09**

Closed

Closed

Closed

**SUNDAY**  
**02/10**

Included in Lunch

Scrambled eggs, grits, vegetable of the day, yogurt with spoonful of granola and fresh berries

Athletic Training Table



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**02/11**

Black beans and rice, sauteed spinach, fresh strawberries, glass of skim milk

Slice of whole wheat cheese pizza, spinach salad with chickpeas and assorted veggies with a drizzle of olive oil and balsamic vinegar, with a side of fresh fruit

Athletic Training Table

**TUESDAY**  
**02/12**

Cheese omelette with side of asparagus, herb roasted mushrooms, fresh berries, and whole grain toast

Grilled portobello burger on whole grain bun with side spinach salad with cheese, chickpeas and assorted veggies, a drizzle of olive oil/ balsamic vinegar, side of cantaloupe

Athletic Training Table

**WEDNESDAY**  
**02/13**

Scrambled eggs, oven roasted tomatoes, grits topped with cheese, fresh kiwi

Cali quinoa bowl, side of yogurt topped with assorted fresh fruit

Athletic Training Table

**THURSDAY**  
**02/14**

Blackened chicken thigh with grits and broccoli florets, fresh grapes, and a glass of skim milk

Cheese and vegetable omelette, side of sauteed spinach, whole grain toast, creamy strawberry yogurt, sliced cantaloupe

Athletic Training Table

**FRIDAY**  
**02/15**

2 hard boiled eggs, vegetable of the day, whole grain toast, fresh berries, glass of skim milk

Bowtie pasta with turkey meat sauce, roasted vegetables, cottage cheese, fresh fruit

Closed

**SATURDAY**  
**02/16**

Closed

Closed

Closed

**SUNDAY**  
**02/17**

Included in Lunch

Turkey sausage, scrambled eggs, whole grain toast, fresh fruit, glass of skim milk

Athletic Training Table



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**02/18**

Egg white omelet with cheese, vegetables, and turkey ham, grits, and pineapple chunks

Cajun BBQ chicken breast with green beans, slice of whole grain toast, side of grapes and glass of skim milk

Athletic Training Table

**TUESDAY**  
**02/19**

Bowl of yogurt topped with  $\frac{1}{3}$  cup of granola and fresh berries with a slice of whole grain toast with peanut butter

Baked sweet potato, spinach salad topped with deli turkey and cheese and assorted veggies with a drizzle of olive oil and balsamic vinegar, side of pineapple chunks

Athletic Training Table

**WEDNESDAY**  
**02/20**

1 sweet potato and sausage patty, 1 hard boiled egg, fresh asparagus, strawberries, and glass of skim milk

Bowl of tomato basil soup, mixed greens salad with chicken and shredded cheese and assorted veggies with a drizzle of balsamic vinaigrette, whole wheat toast and apple slices

Athletic Training Table

**THURSDAY**  
**02/21**

Vegetable omelette with cheese, grits, oven roasted tomatoes

Herb roasted turkey breast, roasted root vegetables, whole grain toast, yogurt topped with fresh fruit of choice

Athletic Training Table

**FRIDAY**  
**02/22**

Scrambled eggs, oatmeal topped with fresh fruit, glass of skim milk

Egyptian bbq fish, zucchini provencal and honey sriracha carrots, yogurt and mandarin oranges

Closed

**SATURDAY**  
**02/23**

Closed

Closed

Closed

**SUNDAY**  
**02/24**

Included in Lunch

Scrambled eggs with grits and green beans, glass of skim milk

Athletic Training Table



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**02/25**

Whole grain toast topped with peanut butter and sliced banana, side of yogurt

Chicken noodle soup, fresh asparagus and zucchini provencal, whole grain toast, apple slices, a glass of skim milk

Athletic Training Table

**TUESDAY**  
**02/26**

Chicken sausage, herb roasted mushrooms and sauteed spinach, glass of skim milk

Honey baked chicken, corn and broccoli, yogurt topped with fresh berries and 1/3 cup of granola

Athletic Training Table

**WEDNESDAY**  
**02/27**

Sweet potato and sausage patty, hard boiled egg, herb roasted mushrooms and asparagus, whole grain toast, a glass of skim milk

Turkey burger with a slice of cheese on a whole grain bun, steamed cauliflower and carrots, peach slices

Athletic Training Table

**THURSDAY**  
**02/28**

Cheese and veggie omelette, oven roasted tomatoes, grits, sliced banana

Baked Chicken teriyaki thigh, roasted brussels sprouts, sweet potato wedges, creamy vanilla yogurt topped with berries

Athletic Training Table

**FRIDAY**  
**03/01**

Closed

**SATURDAY**  
**03/02**

Closed

**SUNDAY**  
**03/03**

Athletic Training Table