



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

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

Scrambled eggs, grits, oven roasted tomatoes,  
glass of skim milk

Chili rubbed tilapia, baked sweet potato  
wedges, fresh vegetables sauteed with olive  
oil, yogurt topped with mixed fresh fruit

Bowl of black bean soup, roasted vegetables,  
slice of whole grain toast, fresh fruit, glass of  
skim milk

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

Chicken sausage patty, wild rice, vegetable of  
the day, yogurt topped with a spoonful of  
granola and fresh fruit

Mushroom and cheese frittata, steamed brown  
rice, ethiopian cabbage, bowl of fresh cut fruit

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

Bowl of three sisters stew, slice of whole grain  
toast, spinach salad with shredded cheese and  
assorted vegetables, side of fresh fruit

Turkey burger on whole wheat bun with a slice  
of cheese, roasted cauliflower, assorted fresh  
fruit



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## LUNCH

## DINNER

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

Oatmeal topped with fresh cut fruit and a drizzle of honey, hard boiled egg, glass of skim milk

Black bean and tomato stuffed sweet potato, grilled chicken breast, prince edward vegetable blend, yogurt topped with fresh fruit

Lemon pepper cod, portabella stuffed with spinach and cheese, honey glazed carrots, fresh cut fruit

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

Spinach and cheese omelette, whole grain toast, fresh berries and melon

Fresh salmon, collard greens, Greek barley salad, fruit smoothie

Roasted vegetables and tofu, small spinach salad topped with ½ cup quinoa and assorted veggies with a drizzle of olive oil and balsamic vinegar, glass of skim or dairy-free milk

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

Chicken sausage, scrambled eggs, oatmeal with fresh fruit, glass of skim milk

Cioppino, roasted italian vegetables, whole grain toast, fresh cut fruit over yogurt

Spinach salad topped with chicken strips and shredded cheese and assorted veggies, breaded yellow squash, assorted fresh fruit

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

Oatmeal topped with fresh cut fruit, side of cottage cheese

Lemon glazed chicken, green beans, slice of whole grain bread, yogurt, assorted fresh fruit

Bowl of tomato lentil masala soup, brown rice, broccoli florets, fresh cut fruit, glass of skim milk

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

2 hard boiled eggs, yogurt topped with fresh fruit and ⅓ cup of granola

Black bean burger on whole grain bun with a slice of cheese, sauteed squash and onions, fresh fruit

Pineapple glazed pork chop, roasted Brussels sprouts, small bowl of sweet potato quinoa chili, fresh fruit, glass of skim milk

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

Grits topped with shredded cheese from salad bar, scrambled eggs, vegetable of the day, fresh cut fruit

Braised chicken, honey carrots, side salad with ½ cup quinoa and assorted vegetables, yogurt topped with fruit

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

Glazed tofu, vegetable of the day, grits, fresh fruit, glass of skim milk

Catfish almondine, green beans and corn, slice of whole grain toast, yogurt topped with fresh fruit



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

Scrambled eggs, chicken sausage, whole grain toast, fresh fruit, glass of skim milk

Grilled chicken breast sandwich on whole grain bun with a slice of cheese, roasted cauliflower, yogurt topped with fresh fruit

Maple glazed pork, sauteed vegetables with garlic, whole grain bread, fresh fruit, glass of skim milk

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

Cheese omelette, oven roasted tomatoes, grits

BBQ chicken, wild rice stuffed portabella, green beans, yogurt with fresh fruit

Fresh salmon with asparagus and collard greens, piece of whole grain bread, fresh cut fruit, glass of skim milk

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

Oatmeal topped with fresh fruit, boiled egg, glass of skim milk

Bowl of black bean soup, ½ cup quinoa from salad bar, roasted vegetables, fresh fruit over yogurt

Spicy Asian Haddock, Prince Edward Blend vegetables, slice of whole grain bread, fresh fruit over cottage cheese

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

Scrambled eggs, homestyle apples, grits, glass of skim milk

Eggplant tomato sandwich, side of quinoa from the salad bar, garlic broccoli, fresh fruit

Honey baked chicken, zucchini and onions, slice of whole grain bread, yogurt topped with fresh fruit

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

⅓ cup granola with skim milk and fresh fruit, hard boiled egg

Quinoa from salad bar topped with fajita chicken from sandwich station, sprinkled with shredded cheese, salsa, and assorted vegetables, side of green peas and fresh fruit

Cheese and spinach omelette, roasted Brussels sprouts, whole grain toast, fresh fruit

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

Lentil rice pilaf, vegetable of the day, fresh fruit over yogurt, whole grain toast

BBQ glazed pork loin, baked sweet potato wedges, sugar snap peas, fresh cut fruit, glass of skim milk

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

Chicken sausage, oatmeal topped with fresh fruit, glass of skim milk

Spicy coconut tofu, vegetable of the day, yogurt topped with fresh fruit, slice of whole grain toast



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

2 slices of whole grain toast with peanut butter and sliced banana, glass of skim milk

Grilled chicken breast sandwich on whole grain bun with a slice of cheese, roasted vegetables, fresh cut fruit

Quinoa sweet potato chili, salad with shredded cheese and scoop of chicken salad, fresh cut fruit

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

Scrambled eggs, grits, fresh cut fruit, glass of skim milk

Fresh salmon with dill sauce, asparagus, whole grain toast with a slice of cheese, fresh cut fruit

Korean BBQ chicken, roasted vegetables and garlic broccoli, quinoa from the salad bar, fresh cut fruit over yogurt

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

Cheese and spinach omelette, whole grain toast, fresh fruit

Sweet broccoli tofu, quinoa from salad bar, fresh fruit over yogurt

Turkey burger on whole grain bun, portabella stuffed with spinach and cheese, fresh fruit

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

Blackened chicken thigh, fresh fruit, whole grain toast, glass of skim milk

Bowl of Italian soup, baked sweet potato wedges, green beans, fresh fruit over yogurt

Turkey and cheese sandwich on whole grain bread, side of hummus with cucumber slices, fresh fruit, glass of skim milk

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

2 hard boiled eggs, yogurt topped with fresh fruit and  $\frac{1}{3}$  cup of granola

Veggie burger on whole grain bun with a slice of cheese, carrot coins and green peas, fresh cut fruit

Buffalo chicken breast, baked sweet potato, roasted Brussels sprouts, baked apples, glass of skim milk

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

Chicken sausage, scrambled eggs, oatmeal with fresh fruit, glass of skim milk

Balsamic roasted chicken, green beans and corn, slice of whole grain bread, fresh cut fruit over yogurt

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

Baked lemon tomato fish, vegetable of the day, quinoa from the salad bar, fresh fruit, glass of skim milk

Chicken pesto skewers, brown rice, broccoli florets, fresh fruit over yogurt



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## DINNER

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

Scrambled eggs, grits, fruit, glass of skim milk

Quinoa chicken bowl, honey glazed carrots, assorted fruit over yogurt

BBQ chicken, corn, baked beans, whole grain toast, fresh fruit over cottage cheese

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

1/3 cup granola over yogurt with fresh fruit, hard boiled egg

Spicy potato and vegetable curry, quinoa, spinach salad with 1/4 cup shredded cheese and garbanzo beans/assorted vegetables with balsamic vinaigrette, assorted fruit

Veggie burger with a slice of cheese on whole grain bun, greek potatoes and broccoli, fresh fruit

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

Cheese and spinach omelette, whole grain toast, fresh fruit

Honey baked chicken, stuffed pepper, fresh fruit over yogur

Chickpea chana masala over brown rice, prince edward blend vegetables, fruit, glass of skim milk

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

Cottage cheese with fresh fruit, whole grain toast

Maple glazed pork loin, roasted vegetables, quinoa from salad bar, assorted fruit, glass of skim milk

Grilled chicken breast, succotash, sweet potato pilaf, fresh cut fruit over yogurt

**FRIDAY**

**SATURDAY**

**SUNDAY**