



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**9/16**

Oatmeal Topped With Fresh Fruit, Hard Boiled Egg, A Glass Of Skim Milk

Greek Barley Salad From Salad Bar Over Greens, Marinated Grilled Chicken, Fresh Cut Fruit, Side of Vanilla Yogurt

Herb Baked Fish, Scoop Of Quinoa From Salad Bar, Sauteed Vegetables Topped With Crumbled Goat Cheese From Salad Bar, Side Of Fresh Cut Fruit

**TUESDAY**  
**9/17**

Mushroom And Cheese Omelette, Cottage Cheese Topped With Fresh Fruit, Whole Grain Toast

Veggie Burger With A Slice Of Cheese On Whole Grain Bun, Side Of Garlic Kale, Side Of Fresh Cut Fruit

BBQ Smoked Pork, Roasted Asparagus, Quinoa From Salad Bar, Fresh Fruit, Glass Of Skim Milk

**WEDNESDAY**  
**9/18**

Scrambled Eggs, Grits, Fresh Fruit, Glass Of Skim Milk

Roasted Brussels Sprouts, Roasted Baby Redskin Potatoes, Scoop Of Chicken Salad, Side Of Fresh Fruit Over Vanilla Yogurt

Pesto Chicken Skewers, Tzatziki For Dipping, Greek Pasta Salad, Greek Salsa Over Salad Greens

**THURSDAY**  
**9/19**

Blackened Chicken Thigh, Cottage Cheese With Fresh Fruit, Whole Grain Toast

Herb Baked Chicken, Roasted Potato Medley, Side Of Yellow Squash And Onions, Fresh Fruit, Glass Of Skim Milk

Homestyle Turkey, Baked Sweet Potatoes, Corn, Fresh Fruit, Glass Of Skim Milk

**FRIDAY**  
**9/20**

Yogurt With Fruit, Boiled Egg, Whole Grain Toast

Grilled Salmon Over Brown Rice, Broccoli, Fresh Fruit, Glass Of Skim Milk

Honey Sriracha Cod Served Over Quinoa From The Salad Bar, Grilled Vegetables, Fresh Fruit, Glass Of Skim Milk

**SATURDAY**  
**9/21**

Included in Lunch

Chicken Monterrey, Herb Roasted Potatoes, Yellow Squash And Onions, Fresh Fruit, Glass Of Skim Milk

Sweet Broccoli Tofu, Baked Sweet Potatoes, Succotash, Fresh Fruit, Glass Of Skim Milk

**SUNDAY**  
**9/22**

Included in Lunch

Cheese And Veggie Omelette, Whole Grain Toast, Fresh Fruit

Turkey Burger With Sauteed Mushrooms And Onions On Whole Grain Bun, Fresh Fruit, Glass Of Skim Milk



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## DINNER

**MONDAY**  
**9/23**

Yogurt With Fresh Fruit, Boiled Egg, Whole Grain Toast

Provencal Fish, Sauteed Fresh Vegetables Over Rice, Fresh Fruit, Glass Of Skim Milk

Greek Barley Salad, Beef And Broccoli Stir Fry With Brown Rice, Strawberry Yogurt Topped With Pineapple Chunk, Blueberries And Bananas.

**TUESDAY**  
**9/24**

Broccoli Florets, Boiled Egg, Oatmeal With Bananas, Glass Of Skim Milk

Roasted Asparagus, Whole Grain Toast With Tuna Salad, Yogurt With Berries

A Scoop Of Quinoa, Kale Garlic, Turkey On Whole Wheat Bread, Fruit Salad, Glass Of Skim Milk

**WEDNESDAY**  
**9/25**

Spinach And Mushroom Omelette, Whole Grain Toast With Avocado And Banana, Yogurt With Blueberries And Strawberries

Lettuce Salad With Chicken And Quinoa, Fresh Fruit, Glass Of Skim Milk

Eggs Poached, Grilled Chicken Breast With Brown Rice, Green Beans Sauteed, Strawberry Yogurt With Pineapple Chunks

**THURSDAY**  
**9/26**

Oatmeal With Blueberries, Mushrooms Herb Roasted, Boiled Egg, A Glass Of Skim Milk

Black Bean Burger, Greek Barley Salad, Collard Greens and Corn, Strawberry Yogurt, Watermelon

Fresh Salmon With Brown Rice, Brussels Sprout Roasted, Squash, Oranges, A Glass Of Skim Milk

**FRIDAY**  
**9/27**

Eggs Scrambled With Cheese And Spinach, Whole Grain Toast With Avocado, Oranges

Lettuce Salad With Chicken, A Scoop Of Quinoa, Cauliflower, Banana, A Glass Of Skim Milk

Turkey Breast With Whole Grain Toast, Nacho Salad, Broccoli Florets/Corns, Yogurt With Strawberries And Blueberries

**SATURDAY**  
**9/28**

Same as Lunch

Spinach And Cheese Omelette, Whole Grain Toast With Tuna Salad, Peas And Mushrooms, Squash, Yogurt With Pineapple Chunk

Turkey Burger With Whole Grain Buns, Green Bean Sauteed, Honeydew And Oranges, Glass Of Skim Milk

**SUNDAY**  
**9/29**

Same as Lunch

Eggs Scrambled With Cheese And Mushrooms, Greek Barley Salad, Broccoli Florets, Apple Gala And Watermelon

Beef Prime Rib Sliced With Brown Rice, Mesclun Salad, Strawberry Yogurt With Blueberries And Bananas



**BREAKFAST**

**LUNCH**

**DINNER**

**MONDAY  
9/30**

Oatmeal With Apple, Boiled Egg, Yogurt With Pineapple Chunks And Grapefruit

Salmon Bourbon Glazed, A Scoop Of Quinoa, Asparagus, Cauliflower, Watermelon And Apple Gala, Glass Of Skim Milk

Grilled Chicken Breast With Brown Rice, Kale Garlic, Strawberry Yogurt With Blueberries And Banana

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**