



Time/Duration	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 - 7:50 AM	Breakfast	Pesto tofu scramble (see recipe) & 1 corn tortilla, 1 each, OR Avocado/cheese/bacon(see recipe) on a whole wheat English muffin, 1 each, garnished with lemon slice	Whole wheat biscuit w/turkey sausage patty & cheese (see recipe), 1 each, OR Bean & rice breakfast burrito on whole wheat tortilla (see recipe), 1 each, garnished with sundried tomato salsa	Scrambled eggs w/brie wedge with wheat toast points (see recipe), 1 each, OR Ham and cheese breakfast pizza on whole wheat (see recipe), 1 each, garnished with sprig of white grapes	Chicken & cheese panini on wheat (see recipe), 1 each, OR veggie-taters with turkey gravy (see recipe), 1 each, garnished with avocado slices	Breakfast macaroni w/sausage and bell pepper (see recipe), 1 each OR Bagel with cream cheese, carrot and cucumber disks, garnished with tomato wedge
		Granola (see recipe), 2 TBSP and strawberry yogurt, 1 cup	Granola (see recipe), 2 TBSP and vanilla yogurt, 1 cup	Granola (see recipe), 2 TBSP and raspberry yogurt, 1 cup	Granola (see recipe), 2 TBSP and vanilla yogurt, 1 cup	Granola (see recipe), 2 TBSP and peach yogurt, 1 cup
		White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz
		Flavored water, cucumber & rosemary, self-serve	Flavored water, pineapple, self-serve	Flavored water, cucumber & mint, self-serve	Flavored water, orange, self-serve	Flavored water, lemon, self-serve
		Fresh fruit, 3 choices, 1 piece	Fresh fruit, 3 choices, 1 piece	Fresh fruit, 3 choices, 1 piece	Fresh fruit, 3 choices, 1 piece	Fresh fruit, 3 choices, 1 piece

11:15 AM - 1:00 PM	Lunch	Roasted turkey & gravy over mashed potatoes (see recipe), 1 each, OR Grilled cheese & avocado sandwich on wheat sourdough (see recipe), 1 each, garnished with carrot sticks	Fish tacos with pepper medley (see recipe), 1 each OR Grilled portabella mushroom w/cranberry bbq sauce (see recipe), 1 each, garnished with cucumber spear	Broiled rosemary chicken breast (see recipe), 1 each, OR Parmesan risotto topped with green onions (see recipe), 1 each, garnished w/fresh basil leaves	Cheeseburger on cracked wheat bun (see recipe), 1 each, OR Grilled veggie cream cheese pita (see recipe), 1 each, garnished with cherry tomatoes	Salami, olive, & mushroom pizzadilla on whole wheat tortilla (see recipe), 1 each, OR Veggie lasagna (see recipe), 1 each
		1/2 roasted corn cob w/rosemary and black pepper	3/4 cup sweet potato fries w/honey mustard (see recipe)	1/2 cup roasted veggie medley (cubed butternut squash, Brussels sprouts, zucchini) (see recipe)	1/2 cup red potato salad w/olive oil and balsamic dressing (see recipe)	1/2 cup broccoli/carrot slaw (see recipe)
		White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz	White and chocolate milk, non-fat, single serving containers, 8 oz
		Flavored water, cucumber & mint, self-serve	Flavored water, orange, self-serve	Flavored water, lemon, self-serve	Flavored water, cucumber & rosemary, self-serve	Flavored water, pineapple, self-serve
		Berry crumble (see recipe), 4 oz. garnished with mint leaves	Dried fruit and granola trail mix (see recipe), 4 oz.	Apple torte (see recipe), 4 oz. slice, garnished with fresh blueberries	Dried fruit and granola trail mix (see recipe), 4 oz.	Strawberry shortcake (see recipe), 4 oz. garnished with orange zest
		Salad Bar (see recipe), self-serve	Salad Bar (see recipe), self-serve	Salad Bar (see recipe), self-serve	Salad Bar (see recipe), self-serve	Salad Bar (see recipe), self-serve