

## BREAKFAST

(Monday-Thursday; 9:00 A.M. – 11:00 A.M.)

### ☺ MONDAY

**Total Daily Calorie Count: 1025**

**Scrambled Eggs (140cal)** (Butter, Eggs, Salt, Pepper) & **Hash browns (120cal)**

- **Sausage/Pancake on a Stick (400cal)** (Turkey Sausage, Pancake Batter)
- **Yogurt (80cal)**
- **Orange (45cal) & Cottage Cheese (90cal)**
- **V8 Juice (140cal) & 2% Milk (130cal)**

### ☺ TUESDAY

**Total Daily Calorie Count: 1306**

**Biscuit w/ Chicken, Sausage & Cheese (412cal)**

- **Scrambled Eggs (420cal)**
- **Yogurt (80cal)**
- **Apple (44cal) w/ String Cheese (80cal)**
- **Orange Juice (160cal) & 2% Milk (130cal)**

### ☺ WEDNESDAY

**Total Daily Calorie Count: 1131**

**Scrambled Eggs (420cal) & Hash browns (120cal) & Ham (70cal)**

- **Toast (171cal)**
- **Yogurt (80cal)**
- **Banana (110cal)**
- **V8 Juice (140cal) & 2% Milk (130cal)**

### ☺ THURSDAY

**Total Daily Calorie Count: 1190**

**Scrambled Eggs (420cal) & Turkey Bacon (420cal)**

- **Apple Cinnamon Muffin (410cal)**
- **Yogurt (80cal)**
- **Fruit Salad (100cal)**
- **Orange Juice (140cal) & 2% Milk (130cal)**

## LUNCH

(Monday-Thursday; 11:00 A.M. – 1:00 P.M.)

### ☺ MONDAY

**Total Daily Calorie Count: 1381**

**Sloppy Joes (277cal) w/ Chips (260cal)** (Rice, Oil, Tomato Sauce, Salt, Garlic Powder, Chicken Base, Cumin, Pepper)

- **Capri Vegetable Blend (132cal)** (Green Beans, Carrots, Zucchini, Squash)
- **Arugula Salad (257cal)** (Arugula, Cherry Tomatoes, Oil, Rice, Vinegar, Salt, Pepper, Parmesan Cheese, Avocado)
- **Carrot Raisin Salad (160cal)** (Carrots, Pineapple, Mayo, Raisins)
- **Orange (45cal) & Cottage Cheese (90cal)**
- **V8 Juice (30cal) & 2% Milk (130cal)**

### ☺ TUESDAY

**Total Daily Calorie Count: 1066**

**Chicken Parmigiana (110cal)** (Breaded Chicken Breast, Marinara Sauce, Mozzarella Cheese, Parmesan Cheese) & **Garlic Bread (140cal)** (Bread, Garlic, Parsley, Butter)

- **Sautéed Carrots (143cal)** (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- **Caesar Salad (289cal)** (Romaine, Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
- **3 Bean Salad (100cal)** (Green Beans, Wax Beans, Dark Red Kidney Beans, Onion, Red Bell Pepper, Oil, Sugar, Vinegar, Turmeric)
- **Apple (44cal) w/ String Cheese (80cal)**
- **V8 Juice (30cal) & 2% Milk (130cal)**

### ☺ WEDNESDAY

**Total Daily Calorie Count: 1318**

**Hot Dogs (254cal) & Tator Tots (150cal)**

- **Sautéed Corn (110cal)** (Butter, Salt, Pepper)
- **House Salad (314cal)** (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Ranch Dressing)
- **Potato Salad (220cal)** (Potatoes, Mayo, Boiled Egg, Pickled Relish, Celery, Mustard, Onion, Green Onion, Salt, Pepper, Onion Powder)
- **Banana (110cal)**
- **V8 Juice (30cal) & 2% Milk (130cal)**

### ☺ THURSDAY

**Total Daily Calorie Count: 1644**

**Ground Chicken Tacos (588cal)** (Ground Chicken, Taco Seasoning, Salt, Pepper, Lettuce, Tomatoes, Cheddar Cheese, Sour Cream, Picante Sauce) & **Cilantro Lime Rice (300cal)**

- **Sautéed Broccoli (112cal)** (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- **Tossed Green Salad (269cal)** (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Dijon Mustard, Honey, Apple Cider Vinegar, Salt, Pepper, Oil)
- **Vegetable Pasta Salad (140cal)** (Tri-color Rotini, Zucchini, Carrots, Broccoli, Onion, Tangy Vinaigrette)
- **Fruit Salad (100cal)**
- **V8 Juice (30cal) & 2% Milk (130cal)**

**One Complimentary Meal for all Ryan White Clients Per Day - \$5<sup>00</sup> for Guests**