

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

☺ MONDAY

Total Daily Calorie Count: 1203

- Scrambled Eggs (420kcal)**
- Turkey Bacon (103kcal)
 - Apple Cinnamon Muffin (410kcal)
 - Orange Juice (140kcal) & 2% Milk (130kcal)

☺ TUESDAY

Total Daily Calorie Count: 1170

- Pancakes w/ Maple Syrup (320kcal)**
- Scrambled Eggs (420kcal)
 - Pork Bacon (160kcal)
 - Orange Juice (140kcal) & 2% Milk (130kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1130

- Bean & Cheese Burrito (320kcal)**
- Scrambled Eggs (420kcal)
 - Hashbrown (120kcal)
 - Orange Juice (140kcal) & 2% Milk (130kcal)

☺ THURSDAY

Total Daily Calorie Count: 1162

- Fruit/Greek Yogurt Parfaits (232kcal)**
- Granola (190kcal)
 - Egg Sausage & Cheese Bagel (470kcal)
 - Orange Juice (140kcal) & 2% Milk (130kcal)

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

☺ MONDAY

Total Daily Calorie Count: 1054

- Baked Pork Chops (300kcal)** (Pork Chops, Paprika, Onion Powder, Garlic Powder, Salt, Pepper, Oregano, Oil)
- Dirty Rice (130kcal)
 - Sauteed Green Beans (178kcal) (Oil, Green Beans, Onion Salt, Garlic Salt, Garlic Powder, Pepper)
 - House Salad (314kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Balsamic Vinaigrette)
 - Apple (45kcal) & Yogurt (62kcal)
 - Water (0kcal)

☺ TUESDAY

Total Daily Calorie Count: 1128

- Meatball Subs (696kcal)** (Meatballs, Marinara Sauce, Hoagie Buns, Provolone Cheese)
- Sauteed Carrots (143kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
 - Caesar Salad (289kcal) (Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
 - Water (0kcal)

☺ WEDNESDAY

Total Daily Calorie Count: 1039

- Fish Stick Wrap (579kcal)** (Fish Sticks, Tortilla, Red Cabbage, Green Cabbage, Shredded Carrots, Siracha Tartar Sauce)
- Hushpuppies (140kcal)
 - Vegetable Blend (147kcal) (Broccoli, Cauliflower, Carrots)
 - Chopped Salad (111kcal) (Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Olives, Parmesan Cheese)
 - Orange (62kcal)
 - Water (0kcal)

☺ THURSDAY

Total Daily Calorie Count: 1052

- Hot & Spicy Chicken Sandwich (435kcal)** (Hot & Spicy Chicken, Pepper Jack Cheese, Hamburger Buns, Mayo, Mustard, Lettuce, Tomatoes, Pickle)
- Onion Rings (190kcal)
 - Sauteed Broccoli (112Kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
 - Tossed Green Salad (225kcal) (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Ranch Dressing)
 - Cottage Cheese (90kcal)
 - Water (0kcal)

One Complimentary Meal for all Ryan White Clients Per Day - \$5⁰⁰ for Guests
 -All menu items are subject to change-