

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

**☺ MONDAY**

**Total Daily Calorie Count: 1060**

- Scrambled Eggs (210kcal)**
- Chicken Sausage (80kcal)
  - Cinnamon Rolls (500kcal)
  - Orange Juice (140kcal) & 2% Milk (130kcal)

**☺ TUESDAY**

**Total Daily Calorie Count: 1025**

- Breakfast Quesadilla (245kcal)** (Scrambled Eggs, Bacon, Monterey Jack Cheese, Tortilla, Salt, Pepper, Picante Sauce, Sour Cream)
- Hashbrown (120kcal)
  - Avocado Toast (190kcal)
  - Banana (110kcal) & Cottage Cheese (90kcal)
  - Orange Juice (140kcal) & 2% Milk (130kcal)

**☺ WEDNESDAY**

**Total Daily Calorie Count: 1050**

- Breakfast Pizza (420kcal)**
- Scrambled Eggs (210kcal)
  - Tator Tots (150kcal)
  - Orange Juice (140kcal) & 2% Milk (130kcal)

**☺ THURSDAY**

**Total Daily Calorie Count: 1140**

- Breakfast Burrito (750kcal)** (Pork Sausage, Potatoes, Onion, Green Bell Pepper, Red Bell Pepper, Eggs, Shredded Cheddar Cheese, Flour Tortilla)
- Hashbrown (120kcal)
  - Orange Juice (140kcal) & 2% Milk (130kcal)

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

**☺ MONDAY**

**Total Daily Calorie Count: 1143**

- Lemon Dill Salmon (622kcal)** (Salmon, Salt, Pepper, Mayo, Dill Weed, Sugar, Lemon Juice)
- Roasted Potatoes (100kcal)
  - Roasted Broccoli (112kcal) (Broccoli, Lemon Juice, Garlic Powder, Parsley, Salt, Pepper)
  - Arugula Salad (257kcal) (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing)
  - Apple (52kcal)
  - Unsweetened Tea (0kcal) & Water (0kcal)

**☺ TUESDAY**

**Total Daily Calorie Count: 1074**

- Buffalo Chicken Tenders (183kcal)**
- Onion Rings (380kcal)
  - Capri Vegetable Blend (132kcal) (Green Beans, Carrots, Zucchini, Squash)
  - Tossed Green Salad (269kcal) (Spring Mix, Sunflower Seeds, Bacon, Cucumber, Balsamic Vinaigrette)
  - Banana (110kcal)
  - Unsweetened Tea (0kcal) & Water (0kcal)

**☺ WEDNESDAY**

**Total Daily Calorie Count: 1212**

- Ground Beef Casserole (538kcal)** (Penne, Onion, Ground Beef, Oil, Garlic, Marinara Sauce, Salt, Pepper, Parmesan Cheese)
- Garlic Bread (140 kcal)
  - Sauteed Cauliflower (195kcal) (Cauliflower, Salt, Pepper, Italian Seasoning, Onion Powder, Garlic Powder)
  - Caesar Salad (289kcal) (Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
  - Fresh Fruit (50kcal)
  - Unsweetened Tea (0kcal) & Water (0kcal)

**☺ THURSDAY**

**Total Daily Calorie Count: 1074**

- Garlic Butter Pork Chop (331kcal)** (Pork Chop, Salt, pepper, Oil, Butter, Thyme, Garlic, Lemon Juice)
- White Rice (06kcal)
  - Sauteed Green Beans (178kcal) (Oil, Green Beans, Garlic Salt, Onion, Salt, Garlic Powder, Pepper)
  - House Salad (314kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Ranch Vinaigrette)
  - Orange (45kcal)
  - Unsweetened Tea (0kcal) & Water (0kcal)

**-One Complimentary Breakfast & Lunch for all Ryan White Clients Per Day –  
- \$5<sup>00</sup> for Guests - All menu items are subject to change**