

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

MONDAY

Total Daily Calorie Count: 1060

Scramble Eggs (210 kcal)

Total Daily Calorie Count: 1025

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

TUESDAY

Breakfast Quesadilla (245 kcal) (Scrambled Eggs, Bacon, Monterey Jack Cheese, Tortilla, Salt, Pepper, Picante Sauce, Sour Cream)

- Hash brown (120 kcal)
- Avocado Toast (190 kcal)
- Banana (110 kcal) & Cottage Cheese (90 kcal)
- Orange Juice (140 kcal) & 2% Milk (130 kcal)

WEDNESDAY

Total Daily Calorie Count: 1104

Pancake's w/Maple Syrup (320 kcal)

- Scrambled Eggs (210 kcal)
- Pork Sausage (304 kcal)
- Orange Juice (140 kcal) & 2% Milk (130 kcal)

THURSDAY

Total Daily Calorie Count: 1095

Migas (405 kcal) (Corn Tortilla, Eggs, Cheddar Cheese)

- Refried Beans (140 kcal)
- Flour Tortilla (280 kcal)
- Orange Juice (140kcal) & 2% Milk (130kcal)

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

MONDAY

Total Daily Calorie Count: 1433

Creamy Pork Sausage Pasta (600 kcal) (Pork Sausage, Penne Pasta, Oil, Onion, Red Pepper Flakes, Salt, Heavy Cream, Baby Spinach, Parmesan Cheese)

- Garlic Bread (140 kcal)
- Capri Vegetable Blend (132 kcal) (Green Beans, Carrots, Zucchini, Squash)
- Caesar Salad (289 kcal) (Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
- 3 Bean Salad (100 kcal) (Green Beans, Wax Beans, Kidney Beans, Sugar, Vinegar, Onion, Red Bell Pepper, Soybean Oil, Salt, Turmeric)
- Apple (52 kcal) & Cottage Cheese (120 kcal)
- Unsweetened Tea (0 kcal) & Water (0 kcal)

Total Daily Calorie Count: 1341

TUESDAY

Lemon Butter Cod (315 kcal) (Cod, Flour, Paprika, Onion Powder, Thyme, Oregano, Cayenne, Salt, Pepper, Butter, Garlic, Chicken Broth)

- Long-Grain Wild Rice (190 kcal)
- Sauteed Broccoli (112 kcal) (Butter, Salt, Pepper, Garlic Powder, Onion Powder)
- House Salad (314 kcal) (Romaine, Cherry Tomatoes, Cucumber, Croutons, Cheddar Cheese, Balsamic Vinaigrette)
- Chicken Salad (250 kcal) (Chicken, Mayo, Salt, Pepper, Onion, Celery, Mustard)
- Banana (110 kcal) & Applesauce (50 kcal)
- Unsweetened Tea (0 kcal) & Water (0 kcal)

Total Daily Calorie Count: 1433

WEDNESDAY

Grilled Ham & Cheese (520 kcal) (Sliced Bread, Sliced Ham, White Cheddar Cheese, Cheddar Cheese)

- Tomato Basil Bisque Soup (280 kcal)
- Vegetable Blend (147 kcal)
- Chopped Salad (111 kcal) (Italian Dressing, Romaine, Cucumber, Cherry Tomatoes, Parmesan Cheese)
- Tuna Salad (200 kcal) (Tuna, Mayo, Celery, Pickles, Salt, Pepper)
- Orange (45 kcal) & Vanilla Pudding (130 kcal)
- Unsweetened Tea (0 kcal) & Water (0 kcal)

Total Daily Calorie Count: 1219

THURSDAY

Oven Baked Chicken Drumstick (332 kcal) (Chicken Drumstick, Paprika, Garlic Powder, Onion Powder, Cayenne, Oregano, Salt, Pepper, Oil)

- Roasted Potatoes (100 kcal)
- Sauteed Green Beans (178 kcal) (Oil, Green Beans, Onion Salt, Garlic Powder, Pepper)
- Tossed Green Salad (269 kcal) (Spring Mix, Sunflower Seeds, Bacon, Red Onion, Cucumber, Ranch Dressing)
- Rotini Pasta Salad (140 kcal) (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette)
- Fresh Fruit (50 kcal) & Yogurt (150kcal)
- Unsweetened Tea (0kcal) & Water (0kcal)