

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

MONDAY

Total Daily Calorie Count: 656

Breakfast Burrito (536kcal) (Eggs, Bacon, Cheddar Cheese, Flour Tortilla, Picante Sauce)
 ➤ **Hashbrown (120kcal)**

TUESDAY

Total Daily Calorie Count: 590

Waffles (260 kcal) w/ Maple Syrup (120kcal)
 ➤ **Scrambled Eggs (210kcal)**

WEDNESDAY

Total Daily Calorie Count: 650

Scrambled Eggs (210kcal) & Bacon (160kcal)
 ➤ **Biscuits (280kcal)**

THURSDAY

Total Daily Calorie Count: 630

Apple Cinnamon Muffins (420kcal)
 ➤ **Scrambled Eggs (210kcal)**

OPTIONAL – Orange Juice (140kcal) & 2% Milk (130kcal)

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

MONDAY

Total Daily Calorie Count: 872

Creamy Italian Sausage Pasta (600kcal) (Italian Sausage, Penne Pasta, Oil, Onion, Red Bell Pepper Flakes, Salt, Heavy Cream, Baby Spinach)
 ➤ **Garlic Bread (140kcal)**
 ➤ **Capri Vegetable Blend (132kcal)** (Green Beans, Carrots, Zucchini, Squash)

(a la carte)

- **Caesar Salad (289kcal)** (Romaine, Croutons, Parmesan Cheese, Caesar Dressing)
- **Rotini Pasta Salad (140kcal)** (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet & Tart Vinaigrette)
- **3 Bean Salad (100kcal)** (Green Beans, Wax Beans, Sugar, Vinegar, Onion, Red Bell Pepper, Soybean Oil, Salt, Turmeric)
- **Fresh Fruit (50kcal) & Yogurt (150kcal)**
- **Unsweetened Tea (0kcal) & Water (0kcal)**

Total Daily Calorie Count: 611

TUESDAY

Ground Chicken Tacos (260kcal) (Ground Chicken, Taco Seasoning, Salt, Pepper, Lettuce, Tomato, Cheddar Cheese, Sour Cream, Picante Sauce, Flour Tortilla)
 ➤ **Cilantro Lime Rice (271kcal)** (Rice, Water, Cilantro, Lime Juice, Salt, Pepper, Butter)
 ➤ **Corn (80kcal)** (Corn Onion, Red Bell Pepper, Green Bell Pepper)

(a la carte)

- **Tossed Green Salad (269kcal)** (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing)
- **Rotini Pasta Salad (140kcal)** (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet Tart Vinaigrette)
- **Tuna Salad (200kcal)** (Tuna, Mayo, Celery, Pickles, Salt, Pepper)
- **Banana (110kcal) & Vanilla Pudding (130kcal)**
- **Unsweetened Tea (0kcal) & Water (0kcal)**

Total Daily Calorie Count: 545

WEDNESDAY

Parmesan Crusted Tilapia (333kcal) (Tilapia, Parmesan Cheese, Salt, Lemon Pepper, Parsley, Oil)
 ➤ **Roasted Potatoes (100kcal)** (Broccoli, Cauliflowers, Carrots)
 ➤ **Sauteed Broccoli (112kcal)** (Butter, Salt, Pepper, Garlic Powder, Onion Powder)

(a la carte)

- **Arugula Salad (257kcal)** (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing)
- **Rotini Pasta Salad (140kcal)** (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet Tart Vinaigrette)
- **Chicken Salad (250kcal)** (Chicken, Mayo, Salt, Pepper, Onion, Celery, Mustard)
- **Peaches (50kcal) & Applesauce (50kcal)**
- **Unsweetened Tea (0kcal) & Water (0kcal)**

Total Daily Calorie Count: 909

THURSDAY

BBQ Brisket Sandwich (303kcal) (Brisket, BBQ Sauce, Celery Salt, Pepper, Salt, Garlic Salt, Onion Salt, Worcestershire Sauce)
 ➤ **Mac & Cheese (310kcal)** (Elbow Pasta, Milk, Cheddar Cheese, Salt, Pepper)
 ➤ **Vegetable Blend (147kcal)** (Broccoli, Cauliflower, Carrots)

(a la carte)

- **House Salad (314kcal)** (Arugula, Cherry Tomatoes, Parmesan Cheese, Catalina Dressing)
- **Rotini Pasta Salad (140kcal)** (Rotini Pasta, Zucchini, Carrots, Broccoli, Onion, Sweet Tart Vinaigrette)
- **Coleslaw (160kcal)** (Green Cabbage, Red Cabbage, Shredded Carrots, Coleslaw Dressing)
- **Apple (45kcal) & Cottage Cheese (120kcal)**
- **Unsweetened Tea (0kcal) & Water (0kcal)**