

Breakfast

Cereals

- ◆ **Cream of Wheat** *(carb 15)*
- ◆ **Oatmeal** *(carb 19)*
- ◆ **Organic 6-Grain Cereal** *(Carb 40)*
- ◆ **Corn Flakes** *(carb 18)*
- ◆ **Frosted Flakes** *(carb 24)*
- ◆ **Cheerios** *(carb 13)*
- ◆ **Honey Nut Cheerios** *(carb 22)*
- ◆ **Raisin Bran Cereal** *(carb 26)*
- ◆ **Rice Krispies** *(carb 16)*

Hot Breakfast Entrees

- ◆ **Whole Grain French Toast** *with blueberries and turkey sausage (carb 25)*
- ◆ **Cheese Omelet** *with spinach, mushrooms and hash brown potatoes (carb 17)*
- ◆ **Whole Grain Pancakes** *with turkey sausage (carb 30)*
- ◆ **Breakfast Burrito** *(eggs, ham, cheese) with hash brown potatoes (carb 39)*
- ◆ **Garden Scrambled Eggs** *with cheese and diced potatoes (carb 17)*

Breakfast Sides

- ◆ **Hard Cooked Egg**
- ◆ **Bacon Strips**
- ◆ **Turkey Sausage**

Fruits

- ◆ **Fresh Fruit of the Day** *(carb 15)*
- ◆ **Fresh Grapes** *(carb 15)*
- ◆ **Apple Slices** *(carb 8)*
- ◆ **Banana** *(carb 30)*
- ◆ **Fresh Fruit Cup** *(carb 15)*
- ◆ **Applesauce** *(carb 15)*
- ◆ **Diced Pears** *(carb 15)*
- ◆ **Diced Peaches** *(carb 15)*
- ◆ **Pineapple Tidbits** *(carb 15)*
- ◆ **Orange Wedges** *(carb 15)*
- ◆ **Fruit Cocktail** *(carb 15)*

Bakery

- ◆ **Blueberry Muffin** *(carb 20)*
- ◆ **Bran Muffin** *(carb 18)*
- ◆ **Plain Bagel** *(carb 50)*
- ◆ **Whole Wheat Bagel** *(carb 49)*
- ◆ **White Bread** *(carb 12)*
- ◆ **Whole Wheat Bread** *(carb 18)*

Yogurts & Cheeses

- ◆ **Greek Toasted Coconut Vanilla Yogurt** *(carb 18)*
- ◆ **Greek Vanilla Non-Fat Yogurt** *(carb 15)*
- ◆ **Vanilla Yogurt** *(carb 25)*
- ◆ **Light & Fit Fruit Yogurt – assorted flavors** *(carb 9)*
- ◆ **Cottage Cheese**

Lunch & Dinner

Soups & Starters

- ◆ **Chicken Noodle Soup** *(carb 8)*
- ◆ **Lentil Soup** *(carb 11)*
- ◆ **Mexicali Soup** *(carb 15)*
- ◆ **Romaine Salad** *with cucumber slices*
- ◆ **Spring Mix Salad** *with kidney beans, garbanzo beans, tomato*

Entrée Salads

- ◆ **Fresh Fruit and Cottage Cheese Salad** *with orange wedges, cantaloupe, honeydew melon, apple slices, and grapes (carb 22)*
- ◆ **Chicken Caesar Salad** *with romaine lettuce, parmesan cheese, tomatoes, black olives, and Caesar dressing (carb 7)*
- ◆ **Greek Salad** *with feta cheese, cucumbers, romaine lettuce, olives, bell peppers and onions (carb 10)*
- ◆ **Ancient Grains, Asparagus, and Beet Salad** *(carb 40)*
- ◆ **Zucchini, Garbanzo Beans, and Bulgar Wheat Salad** *(carb 40)*

Salad Dressings

- ◆ **Oil and vinegar**
- ◆ **Organic Ranch**
- ◆ **Organic BBQ Ranch**
- ◆ **Organic Sesame Ginger**
- ◆ **Organic Avocado Lime**
- ◆ **Organic Caesar**

Deli Favorites

- ◆ **Chicken Salad Sandwich** *on whole wheat croissant with lettuce, tomato, cucumber and quinoa salad (carb 36)*
- ◆ **Turkey Sandwich** *on multi-grain bread with lettuce, tomato, baby carrots, light mayonnaise and mustard, served with black bean salad (carb 38)*
- ◆ **Tuna Sandwich** *on white or wheat bread (carb 27)*
- ◆ **Egg Salad Sandwich** *on whole wheat thin bun with lettuce, tomato, cucumber, light mayonnaise and mustard (carb 28)*

Wellness Meals

Served with one cup of non-fat or low-fat milk.

- ◆ **Vegetarian Bistro Box** *includes: hard boiled egg, guacamole, edamame, tomato, baby carrots, apple slices, and whole wheat lavash crackers (carb 50)*
- ◆ **Turkey Bistro Box** *includes: turkey, hummus, cucumber, baby carrots, celery, zucchini, grapes, whole wheat roll (carb 47)*

- ◆ **Vegetable Soup** *(carb 8)*
- ◆ **Tomato Soup** *(carb 13)*
- ◆ **Butternut Bisque** *(carb 13)*
- ◆ **Organic Quinoa Veggie soup** *(carb 8)*

Sides

- ◆ **Wheat Roll** *(carb 19)*
- ◆ **White Roll** *(carb 15)*
- ◆ **Low Salt Crackers** *(carb 5)*

Entrées

- ◆ **Lemon Herb Chicken** *with orzo and vegetables (carb 34)*
- ◆ **Meatloaf** *with mushroom gravy, rotini pasta, yellow squash and zucchini (carb 25)*
- ◆ **Chicken Enchilada** *with pinto beans and Spanish rice (carb 38)*
- ◆ **Pork Chili Verde** *with Spanish rice and pinto beans (carb 26)*
- ◆ **Spaghetti** *with beef meat sauce and green beans (carb 43)*
- ◆ **Beef Stew** *with brown rice (carb 44)*
- ◆ **Glazed Salmon** *with polenta wedges, yellow squash and zucchini slices (carb 20)*
- ◆ **Cajun Sustainable Cod** *with red beans, rice and broccoli (carb 20)*
- ◆ **Macaroni & Cheese** *with green beans (carb 43)*
- ◆ **Chicken Fettuccine** *with green peas (carb 32)*
- ◆ **Chicken Tika Masala** *with masala and rice (carb 38)*

Burgers & Hot Sandwiches

- ◆ **Vegetarian Burger** *on whole wheat bun with light mayonnaise, Dijon mustard, ketchup, lettuce, tomato, pickles, and potato salad (carb 49)*
- ◆ **Cheeseburger** *on whole wheat bun with cheddar cheese, light mayonnaise, mustard, ketchup, lettuce, tomato, pickles, and potato salad (carb 39)*
- ◆ **Chicken Filet Sandwich** *on whole wheat bun with lettuce, tomato, honey mustard dressing, and black bean salad (carb 41)*

Desserts (See Fruit Selections at Breakfast)

- ◆ **Gelatin – regular** *(carb 16)*
- ◆ **Pudding – chocolate, vanilla, tapioca regular** *(carb 22)*
- ◆ **Ice Cream – chocolate, vanilla, strawberry** *(carb 15)*
- ◆ **Cheesecake** *(carb 42)*
- ◆ **Chocolate Cake** *(carb 53)*
- ◆ **Orange Cream Cake** *(carb 32)*
- ◆ **Chocolate Chip Cookie** *(carb 19)*
- ◆ **Fig Newtons** *(carb 40)*
- ◆ **Sherbet – raspberry and orange** *(carb 35)*
- ◆ **Popsicles – regular** *(carb 18)*
- ◆ **Lemon Bar** *(carb 14))*