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| Protein Energy Pancake\* | Turkey veggie scramble | Greek yogurt with fresh berries | Spinach Mushroom scramble | Protein Energy Pancake | Cinnamon Spiced granola\* with fresh fruit | Veggie scramble |
| Carrot sticks and 1/4C hummus | Broccoli Salad\* | 10-12 grapes and 1/4C cashews | 1/2 sliced cucumber, 1/2 red bell pepper, 5 almonds | Celery sticks and 1/4C hummus | Edamame | Apple slaw |
| Zucchini Bisque\*, Large salad w/ EVOO vinaigrette | Mediterranean Tuna Salad Wrap\* | South of the Border Shrimp and 3 Bean salad\* | Winter Veggie soup (leftover) | South of the Border Shrimp and 3 Bean salad | Spinach salad with 4oz chicken breast | Turkey Chili and a salad |
| 10-12 almonds  Pear | Celery sticks and 1/4C hummus | Edamame | Carrots sticks and hummus | Broccoli Salad | 1/2 sliced cucumber, 1/2 red bell pepper, 5 almonds | Raw veggies and hummus |
| Turkey Veggie Meatloaf\* and a steamed green beans | Winter Vegetable soup\* and a salad | Tuscan Beans\* and Roasted Brussels Sprouts\* | Fish Pockets and Orzo Risotto\* | Mediterranean Chicken with Artichokes\* and steamed asparagus | Turkey Chili\* with extra veggies | ChickenRice cakes\* and steamed green beans |