



Week 1	Breakfast	Lunch	Snack - 1800	Dinner	Week 2	Breakfast	Lunch	Snack - 1800	Dinner
Tue	Oatmeal 1800 add Toasted Pecans	Taco Salad with Creamy Cilantro Lime Dressing 1800 add Ambrosia Salad	Whole Wheat Pita with Hummus Dip	Chicken with Apple Marsala Mushroom Barley Pilaf with Spinach 1800 add Mixed Green Salad with Light Ranch	Tue	Peaches with Cottage Cheese and Homemade Granola 1800 add Wheatberry Toast with Promise Margarine	Tuna and Pasta Salad Plate on Greens 1800 add Banana and Toasted Almonds 1/4 oz	Herbed Edamame	Chicken Breast with Peach Chutney Lemon Parsley Barley Roasted Asparagus 1800 add Ambrosia Salad
Wed	Mushroom Frittata Fruit Cup 6 oz 1800 add Wheatberry Toast with Promise Margarine	Grilled Turkey Sandwich with Cranberry Mayo on Wheatberry Bread 1800 add Pasta Salad	Trail Mix	Centercut Pork Loin with Sauce Seasoned Black Eyed Peas Cooked Cabbage 1800 add Baked Apple	Wed	Oatmeal 1800 add Pecans	Baked Whole Wheat Macaroni with Tofu and Vegetables 1800 add Mixed Salad Greens with Homemade Lite Ranch	Trail Mix	Oriental Beef Stir Fry Brown Rice 1800 add Oriental Salad with Miso-Ginger Dressing
Thur	Yogurt Parfait with Mixed Fruit and Granola 1800 add Granola	Thai Chicken and Mushroom Soup with Whole Wheat Crackers 3/4 oz 1800 add extra crackers	Graham Crackers w/ Light Cream Cheese Spread	Seared Tilapia with Succotash Fresh Green Beans 1800 add Jello Parfait with Cottage Cheese	Thur	Waffle with Berries and Light Syrup Turkey Sausage 1800 add a Waffle	Broccoli Cheese Soup Mixed Green Salad with Grilled Chicken and Homemade Light Ranch 1800 add 10 oz Fruit Cup	Fresh Vegetables with Dip	Parmesan Crusted Tilapia Parsley Carrots 1800 add Brown Rice
Fri	Whole Wheat Apple Pecan Pancakes with Light Syrup Turkey Sausage Patty 1800 add a Pancake	Cheeseburger on Whole Wheat Bun with Trimmings 1800 add Marinated Vegetable Salad	Herbed Edamame	Turkey Tetrazzini Mixed Green Salad with Homemade Lite Ranch 1800 add Asian Pear	Fri	Yogurt Parfait with Mixed Fruit and Homemade Granola 1800 add Granola	BBQ Chicken Sandwich on Whole Wheat Bun 1800 add Sweet Slaw	Orange and Mozzarella Cheese	Tomato Basil Pizza Mixed Salad Greens with Homemade Lite Ranch 1800 add Marinated Fruit Salad
Sat	Banana Cake 1800 add Fruit Cup	Black Bean Stew Low Fat Cornbread with Promise Margarine 1800 add Mixed Salad Greens with Homemade Lite Ranch	Orange with Mozzarella Cheese	Honey Chipolte BBQ Chicken Southwest Potatoes Squash and Garlic 1800 add Waldorf Salad	Sat	Sausage Scrambler 1800 add Fruit Cup 8 oz	Tuna Nicoise Salad 1800 Add Whole Wheat Crackers and Fresh Banana	Whole Wheat Pita with Hummus Dip	Greek Chicken Squash and Garlic Saute Fresh Steamed Broccoli Fresh Grapes 4 oz 1800 add Brown Rice
Sun	Eggs Ranchero 1800 add Wheatberry Toast with Promise Margarine	Greek Salad with Chicken and Vinaigrette Dressing 1800 add Whole Wheat Crackers 3/4 oz and Fresh Peach	Half PB&J on Wheatberry Bread	Chasseur Turkey Roasted Asparagus 1800 add Brown Rice	Sun	Herb Omelet 1800 add Fresh Pineapple 8 oz	Chicken Philly Sandwich on Whole Grain Bun 1800 add Pasta Salad	Peanut Butter with Whole Wheat Crackers	Jerk Pork Tenderloin Caribbean Roasted Vegetables 1800 add Banana
Mon	Whole Wheat Bagel with Sun Dried Tomato Spread 1800 add Fruit Cup 8 oz	Egg Salad Sandwich on Wheatberry Bread Tomato, Cucumber, and Basil Salad 1800 add Baked Potato Chips	Celery with Peanut Butter	Chicken Alfredo Sautéed Fresh Vegetables 1800 add Mixed Salad Greens with Homemade Lite Ranch	Mon	Raisin Toast Homemade Peach Yogurt 1800 add Homemade Granola	Turkey Cheeseburger on Whole Wheat Bun with Trimmings 1800 add Carrot Raisin Salad 6 oz	Fresh Apple with Cheese	Pecan Crusted Chicken English Peas with Mushrooms 1800 add Jell-O Parfait with Fruit and Cottage Cheese
Week 3	Breakfast	Lunch	Snack - 1800	Dinner	Week 4	Breakfast	Lunch	Snack - 1800	Dinner
Tue	Fruity Bran Muffin Low Fat Cottage Cheese 1800 add Fruit Cup 8 oz and Promise Margarine	Grilled Chicken Spinach Salad with Raspberry Vinaigrette 1800 add an Asian Pear	Peanut Butter with Whole Wheat Crackers	Shrimp Pasta Primavera 1800 add Mixed Green Salad with Homemade Lite Ranch	Tue	High Energy Muffin Lowfat Cottage Cheese 1800 add Fresh Banana	Thai Beef Salad with Ginger Lime Dressing 1800 add Baked Apple	Orange and Mozzarella Cheese	Pasta with Chicken and Mushrooms in Cream Sauce 1800 add Mixed Green Salad with Homemade Lite Ranch
Wed	Turkey Hash with Poached Egg 1800 add Fresh Banana	Tortilla Chicken Soup 1800 add Mixed Green Salad with Homemade Lite Ranch	Vanilla Yogurt and Fresh Grapes	Turkey Enchiladas 1800 add Guacamole	Wed	Spinach and Cheese Quiche 1800 add Fruit Cup 8 oz	Tuna Salad on Wheatberry Bread 4 oz Fruit Cup 1800 add Baked Potato Chips	Trail Mix	New Orleans Red Beans and Rice 1800 add Low Fat Corn Muffin with Promise Margarine
Thur	Yogurt Parfait with Mixed Fruit and Granola 1800 add Granola	Turkey Chili Whole Wheat Crackers 3/4 oz 1800 add Mixed Green Salad with Homemade Lite Ranch	Graham Crackers w/ Light Cream Cheese Spread	Creole Tilapia with Seasoned Brown Rice and Fresh Steamed Broccoli 1800 add Baked Apple	Thur	Oatmeal 1800 add Toasted Pecans	Sante Fe Soup with Low Fat Corn Muffins 1800 add a Fresh Banana and Promise Margarine	Fresh Apple with Cheese	Grilled Tilapia Herbed Mashed Potatoes Zucchini with Fresh Herbs 1800 add Ambrosia Fruit Salad
Fri	Whole Wheat Blueberry Pancake with Light Syrup and Turkey Sausage Patty 1800 add a Pancake and Light Syrup	Teriyaki Chicken on Whole Wheat Bun 1800 add Sweet Slaw	Trail Mix	Turkey Salisbury Steak with Mushroom Gravy Smashed Potatoes with Chives Green Bean Almondine 1800 add Marinated Fruit Salad and Promise Margarine	Fri	Waffle with Blueberries and Light Maple Syrup Turkey Sausage 1800 add a Waffle	Grilled Chicken Sandwich Fresh Grapes 4 oz 1800 add Pasta Salad	Vanilla Yogurt with Fresh Pear	Turkey Marsala Wild Rice 1800 Add Mixed Green Salad with Homemade Lite Ranch
Sat	Eggs Benedict 1800 add Fruit Cup 8 oz	Southwest Salad with Creamy Cilantro Lime Dressing 1800 add Waldorf Salad	Whole Wheat Pita with Hummus Dip	Whole Wheat Angel Hair Pasta with Marinara Sauce and Grilled Chicken 1800 add Zucchini and Squash Saute and Fresh Orange	Sat	Sausage Scrambler 1800 add Fruit Cup 8 oz	Grilled Salmon Salad with Tarragon Dijon Dressing 1800 add Whole Wheat Crackers 1/2 oz and Fresh Apple	Herbed Edamame	Maple Mustard Grilled Chicken Wild Rice and Mushrooms Roasted Vegetables 1800 add Mixed Salad Greens with Homemade Lite Ranch
Sun	Oatmeal 1800 add Toasted Pecans	Chicken Apple Salad on Wheatberry Bread 1800 add Broccoli Salad with Dijon Dressing	Orange with Mozzarella Cheese	Grilled Vegetable Pizza Salad Nicoise 1800 add Mixed Green Salad with Homemade Lite Ranch	Sun	Breakfast Casserole 1800 add Fresh Pear	Chicken Cordon Bleu Sandwich with Basil Dressing Potato Salad 4 oz 1800 add Marinated Fruit Salad	Whole Wheat Crackers with Peanut Butter	Seared Pork Tenderloin with Mandarin Orange Sauce Seasoned Brown Rice Fresh Roasted Asparagus 1800 add Tomato, Basil, Cucumber Salad ,Fresh Peach or Whole Fruit
Mon	Whole Wheat Bagel with Neufchâtel Spread 1800 add Fruit Cup 8 oz	Grilled Chicken Caesar Salad with Whole Wheat Pita 1800 add Pasta Salad	Celery with Peanut Butter	Turkey Meatloaf with Tomato Sauce Mashed Sweet Potatoes 1800 add Zucchini with Fresh Herbs	Mon	Egg and Cheese Breakfast Sandwich 1800 add Fresh Pineapple 8 oz	Chicken Apple Salad on Wheatberry Bread 1800 add Broccoli Salad with Dijon Dressing	Vanilla Yogurt and Fresh Grapes	Ravioli with Homemade Marinara Sauce Fresh Steamed Cauliflower 1800 add Mixed Green Salad with Homemade Lite Ranch