

Week 2 Menu

Monday

Breakfast

Muffin, Banana, Yogurt Cup, Protein Bar

Lunch

Grilled Chicken Sandwich

Garden Salad Sliced
Apples & Grapes

Dinner

Classic Meat Lasagna

Caesar Salad
Garlic Bread

Tuesday

Breakfast

Muffin, Fruit Cup, Yogurt Parfait, Protein Bar

Lunch

Carnitas Bowl

White Rice Charro Beans
Latin Toppings
Cantaloupe & Pineapple

Dinner

Grilled Pork Chops

Roasted Potatoes
Grilled Asparagus

Wednesday

Breakfast

**Bagel w/Cream Cheese, Mixed Berries, Hard Boiled Egg,
Granola Bar**

Lunch

Crispy Chicken Wrap

French Fries
Mixed Berries

Dinner

Baked Chicken Breast

Confetti Rice
Chefs Vegetables
Fresh Fruit

Thursday

Breakfast

Cinnamon Roll, Fruit Cup, Yogurt Parfait, Protein Bar

Lunch

Italian Deli Sandwich

Asst. Chips
Sliced Apples & Grapes

Dinner

Chicken Enchiladas

Rice & Beans
Mexican Caesar Salad

Friday

Breakfast

Pastry, Fruit Cup, Blueberry Overnight Oats, Protein Bar

Lunch

Chicken Almond Berry Salad

Raspberry Vinaigrette

Breadsticks

Dinner

BBQ Pulled Pork Sandwich

Curly Fries

Watermelon

Saturday

Breakfast

**Bagel w/Cream Cheese, Mixed Berries, Hard Boiled Egg,
Granola Bar**

Lunch

Apple Cranberry Salad with Crispy Chicken

Citrus Vinaigrette

Buttermilk Biscuits

Fresh Fruit

Dinner

Chicken Cordon Bleu

Mac & Cheese

Market Salad

Ranch & Italian Dressing

Sunday

Breakfast

Muffin, Fruit Cup, Yogurt Parfait, Protein Bar

Lunch

Scrambled Eggs

Biscuits & Gravy

Hash Browns Bacon

Fresh Fruit

Dinner

Fried Chicken

Mashed Potatoes & Gravy

Chefs Vegetables Garden Salad

Dinner Rolls