



### Breakfast

- Chia Seed Parfait 
- Yogurt Parfait
- Fruit Cup 
- Sausage Egg & Cheese Biscuit
- Waffle & Sausage
- Biscuits & Gravy
- Bagel & Cream Cheese
- Big John Breakfast Sandwich



### Heat & Eat

- Buffalo Chicken Bites
- Chicken Strips
- Chili
- Chicken Stir Fry
- Balsamic Chicken, Couscous and Broccoli   
(Work Life Balanced Meal)
- Black Bean and Butternut Squash Burrito   
(Work Life Balanced Meal)

### Snacks

- Chia Seed Parfait 
- Yogurt Parfait
- Fruit Cup 
- Celery & Peanut Butter 
- Carrots & Hummus 
- Chocolate Pudding Cup
- Brownie Dessert Cup



### Salads & Sandwiches

- Caprese Salad 
- BLT Salad
- Beef & Cheddar on Sliders
- Turkey & Provolone on Wheat 
- Turkey & Provolone on Cranberry Bread
- Bagel & Cream Cheese
- Cheeseburger
- Spicy Chicken Sandwich
- Plain Breaded Chicken Sandwich
- Chicken Cordon Bleu Sandwich
- Ham & Swiss on Sourdough