






Breakfast

- Chia Seed Parfait 
- Yogurt Parfait
- Fruit Cup 
- Sausage Egg & Cheese Biscuit
- Biscuits & Gravy
- Bagel & Cream Cheese
- Turkey Sausage & Egg Sandwich on Whole Wheat
- English Muffin 



Heat & Eat

- Macaroni & Cheese
- Pretzel Bites
- Chicken Strips
- Chili
- Orange Chicken & Fried Rice
- Fajita Chicken with Brown Rice & Black Beans 
- Turkey Meatballs over Veggies 
- Chicken Alfredo

Snacks

- Chia Seed Parfait 
- Yogurt Parfait
- Fruit Cup 
- Apple & Peanut Butter 
- Hard Boiled Eggs 
- Chocolate Pudding Cup
- Brownie Dessert Cup

Salads & Sandwiches

- Garden Salad 
- Cobb Salad
- Beef & Cheddar on Sourdough
- Turkey & Provolone on Wheat 
- Ham & Swiss Sliders
- Bagel & Cream Cheese
- Veggie Burger 
- Cheeseburger
- Hamburger Sliders
- Spicy Chicken Sandwich
- Chicken Cordon Bleu Sandwich
- Turkey Ranch Wrap