









### Breakfast

- Banana Overnight Oats 
- Yogurt Parfait
- Fruit Cup 
- Sausage Egg & Cheese Biscuit
- Cheese Omelette with Potatoes & Sausage Link
- Biscuits & Gravy
- Bagel & Cream Cheese
- Turkey Sausage, Egg & Cheese on Whole Wheat English Muffin 

### Snacks



- Yogurt Parfait
- Fruit Cup 
- Hard Boiled Egg 
- Chocolate Pudding Cup
- Brownie Dessert Cup

### Salads & Sandwiches

- Spinach Salad with Chicken 
- Southwest Salad 
- Turkey & Provolone on Wheat 
- Ham & Swiss Sliders
- Bagel & Cream Cheese
- Spicy Chicken Sandwich
- Hamburger Sliders
- Chicken Salad on Cranberry Bread



### Heat & Eat

- General Tso's Chicken & Fried Rice
- Chicken Strips
- Chili
- BBQ Boneless Wings
- Balsamic Chicken with Broccoli & Couscous (Work Life Balanced) 
- Black Bean & Butternut Squash Burrito (Vegetarian, WLB) 
- Chili Mac