

Breakfast

Entrées (your choice of 1)

- Pancakes: Buttermilk Blueberry
- Cinnamon French Toast

Build you Own:

Omelet or Breakfast Wrap

- Tortilla Wrap
- Eggs: Regular Low Cholesterol
 Egg Whites
- Cheese Cheddar Swiss Pepper Jack
- Vegetables Spinach Onions Tomatoes
 Mushrooms Green Peppers

Sides (your choice of 3)

- Scrambled Eggs: Regular Low Cholesterol
 Egg Whites
- Boiled Egg
- Breakfast Potatoes

Bakery

- Muffin: Blueberry Orange Cranberry
 English Muffin
- Bagel: Plain Cinnamon Raisin
- Toast: Wheat White Multigrain Rye
 Gluten-free
- Biscuit

Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits
- Cheerios®
- Corn Flakes®
- Honey Nut Cheerios®
- Raisin Bran®
- Rice Krispies®
- Cinnamon Toast Crunch®

Fruit and Yogurt

- Yogurt: Vanilla Strawberry
 Fruit and Granola Yogurt Parfait
- Fruit: Banana Orange Grapes
 Peaches Pears Pineapples
 Seasonal Fresh Fruit Cup Apple
 Applesauce: Plain With Cinnamon

Lunch and Dinner

Grill

- Roasted Portobella Mushroom: White Bun
 Wheat Bun Asian Blend Vegetables
- Grilled Cheese: Swiss Cheddar
 Pepper Jack

Pizza

- Personal Cheese Pizza
- ♦Onion and Pepper Pizza: Mushrooms

Sandwiches

- Bread: Wheat White Multigrain Rye
 Gluten-free
- Egg Salad
- Peanut Butter & Jelly
- Hummus Vegetable Wrap
- Cheese: Swiss Cheddar Pepper Jack
- Extras: Lettuce Tomato Red Onion
 Pickles Spinach

Entrées

- Asian Stir-Fry Vegetables over
 Brown or White Rice
 (add) Tofu
- Hummus and Crudité
- Pasta: Marinara Alfredo

Side Dishes

- Vegetable: Green Peas Spinach Corn
 Broccoli Green Beans Dill Carrots
- Pasta: Marinara Alfredo
- Potatoes: Roasted Red Potato Wedges
 Homemade Mashed Potatoes
 French Fries
- Rice: White ♦Brown
- Other Starch: Macaroni & cheese
 Dinner roll Cornbread Corn Tortillas
- Side Salad: Garden Caesar
- Cold sides: Carrots & Celery Sticks
 Cottage Cheese Hummus
 Hummus and Pita Chips ♦String Cheese



Soups and Broths

- Soup:** Tomato Lentil and Black Bean
 Vegetable Broth

Condiments

- Salt
- Pepper
- Herb Seasoning
- Cinnamon
- Raisins
- Lemon
- Honey
- Creamer
- Sweetener:** White Sugar Brown Sugar
 Equal® Splenda® Sweet'N Low®
- Light Mayonnaise
- Ketchup
- Mustard
- Hot Sauce
- Honey Mustard Sauce
- Barbecue Sauce
- Soy Sauce
- Sweet Pickle Relish
- Salsa
- Butter
- Parmesan Cheese Garnish
- Sour Cream (*low fat*)
- Cream Cheese (*low fat*)
- Low Fat Granola with Raisins
- Peanut Butter
- Jelly:** Grape Strawberry
 Sugar Free Jelly (*flavors may vary*)
- Syrup:** Regular Sugar Free
- Crackers:** Saltines Graham

Dressing

- Italian
- Ranch
- Caesar
- Raspberry Vinaigrette
- Balsamic Vinaigrette

Beverages

- Water
- Juice:** Orange Apple Cranberry Prune
- Milk:** Whole 1% 2% Chocolate
 Soy Vanilla Almond
- Coffee:** Regular Decaf
- Tea:** Hot Regular Hot Decaf Hot Herbal
 Hot Green Decaf Iced
- Chocolate:** Hot Cocoa
 Sugar Free Hot Cocoa
- Sodas:** Gingerale Diet Gingerale
 Lemon-Lime Diet Lemon-lime
 Cola Diet Cola
- Nutritional Shake:** Vanilla Chocolate
- Crystal Light:** Lemon Raspberry Ice

Desserts

- High Protein Nutritional Treat
- Strawberry Shortcake
- Apple Crisp
- Cinnamon Apples with Whipped Topping
- Angel Food Cake
- Dark Chocolate Brownie
- Ice Cream:** Chocolate Vanilla
 Sugar Free Chocolate Sugar Free Vanilla
- Popsicle®:** Cherry Orange Grape
 Sugar Free Popsicle
- Italian Ice:** Lemon Orange
- Orange Sherbet**
- Cookie:** Chocolate Chip ♦Sugar
- Pudding:** Vanilla Chocolate
 Sugar Free Vanilla Sugar Free Chocolate

Items with a ♦ are not available at our
Stafford location.

