



Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cheesy Eggs & Avo on a Bagel ½ whole grain bagel with 1 poached egg and ¼ c shredded cheese & ¼ avocado (optional hot sauce, seasoning, nonstarchy veggies like kale, tomato, red onion, etc) ½ cup orange juice	Peanut Butter/Banana English Muffin 1 whole wheat English muffin 1 T peanut butter ½ large banana 8 oz. milk	Overnight Oats ½ cup raw oats 6 oz. yogurt 8 strawberries diced ½ oz. walnuts 1 T ground flax seed	Breakfast on the Go! 1 high energy protein/ granola bar (ex. Clif Bar, ProBar Meal, etc.) OR 2 lower cal granola bars 1 apple 1 cup milk	Old Fashioned Oatmeal 1 cup oatmeal (cooked) ¼ cup dried figs and nuts 1 cup milk	Italian Breakfast Sandwich 2 slices wheat toast 1 fried egg (optional Italian seasoning, spinach, tomatoes) ¼ c feta 1 T pesto ½ cup fruit juice	Waffles with Almond Butter and Fruit 2 Waffles 1 T almond butter ½ large banana 1 cup milk
AM Snack	Apple	Orange	Peach	Nectarine	8 Strawberries	Small banana (6-7")	Pinapple (1 cup)
Lunch	Turkey & Swiss Sandwich with Fruit, Veggies and Dip 2 slices bread 2 oz. deli turkey 1 slice Swiss cheese Cucumber and bell pepper slices with 1-2 T veggie dip ½ c grapes 8 oz. 1% milk	Chicken Tacos 3 oz. rotisserie chicken 1 oz. cheddar 2 small tortillas Salsa, lettuce, tomato, onion, etc. 2 T guacamole ½ c mango	Ham Sandwich with Veggie Soup 2 oz. ham 1 slice cheese 2 slices bread 1 tsp. mayo 1 c vegetable chili or bean soup 1 fruit cup (in juice)	Lamb Gyro 3 oz. lamb 1 pita ¼ c feta cheese 2 T tzatziki sauce Colorful side salad with 1-2 T regular salad dressing Small apple	Tuna Salad Sandwich 3 oz. tuna salad made with 1 tsp mayo 2 slices bread 1 slice cheese ~8 baby carrots with 1-2 T hummus 1 fruit cup (in juice)	Turkey Burger ½ 4 oz. turkey burger w/ mustard on a bun with veggies ½ c French fries or sweet potato fries 6 oz. yogurt with ½ oz. almonds 2 Mandarin oranges (Cuties)	Power Green Salad 3 oz. grilled chicken 1 c quinoa 2 c dark greens (kale, spinach, spring mix, etc.) ½-1 c Colorful veggies (tomatoes, cucumber, mushrooms, red onion, carrots, radish, etc.) ¼ c feta 1-2 T salad dressing 8 strawberries
PM Snack	½ c Greek yogurt ¼ c granola	1 protein/ granola bar	6 oz. Yogurt ¼ cup granola	½ oz. of nuts ½ cup Chex Mix	1 oz. jerky ¼ c dried fruit	1 egg on slice of toast	1 T peanut butter with 6-8 wheat crackers
Dinner	Pesto Chicken, Asparagus with Feta and Roasted Red Potatoes 1 cup roasted red potatoes 8 asparagus spears with ¼ c feta 4 oz. chicken 1-2 T pesto	Spaghetti with Meat Sauce and Veggies ½ cup spaghetti sauce with 4 oz. lean ground beef 1 cup cooked pasta 2 T grated parmesan ½ cup roasted broccoli with 1-2 tsp olive oil	Salmon with Greens, Rice, and Carrots 4 oz. baked salmon with lemon and 1-2 tsp olive oil 1 cup sautéed collard greens with garlic 1 cup wild rice ½ cup roasted carrots	BBQ Pork with Sweet Potatoes and Green Beans 4 oz Pork tenderloin with 1 T BBQ sauce 1 c sweet potatoes ½ cup green beans 1-2 tsp oil or butter	Pizza Night 2 slices pizza (choose meat + optional fruit or veggie topping) 1 Colorful salad and 1-2 T regular salad dressing	Vegetarian Burrito Night 1 cup black and kidney beans with seasoning ½ c mixed vegetables (tomato, onion, lettuce) 2 small tortillas ¼ avocado 1 cup sautéed greens in 1 tsp oil	Vegetable and Cheese Quiche 1/3 homemade quiche (try ham, zucchini, and goat cheese OR spinach, bacon, and cheddar or swiss) Colorful side salad with 1-2 T regular dressing