

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry pancake muffin	Cheese bagel	Peach oats smoothie	Ricotta and fruit	Egg on a toast
AM Snack	Coconut banana pancakes	Spinach avocado salad with chicken empanada	Quinoa bowl	Potato bacon egg bed	Yogurt granola and fruit
Lunch	Linguine with bacon and gorgonzola	Chicken caprese sub	Buffalo chicken wraps with blue cheese and celery	Roasted salmon with green beans and tomatoes	BLT pasta salad
PM Snack	Greek pita spread	Brie and apple skewers with honey drizzle	Mushroom palmier	Spicy shrimp salsa and chips	One bite tamales

* Vegetarian Options Available