



WINTER MEAL PLAN MENU

*all meals come with a side and a beverage, lunch and dinner options also come with a fresh baked cookie

BREAKFAST

strawberry overnight oats
apple overnight oats
berry parfaits

SIDES

fresh cut fruit, blueberry muffin, cranberry-orange muffin, or hand fruit

LUNCH

build-your-own sandwich or wrap

protein: ham, turkey, Salami, capicola, pesto tofu, hummus

cheese: cheddar, American, provolone

spreads: mayonaise, whole grain mustard, chipotle aioli

toppings: lettuce, spring mix, red onion, tomato, pickles, banana pepper, black olives

bread: 9-grain bread, sour dough, gluten free, whole-wheat wrap, spinach wrap, sub roll

SALAD

vegan Caesar- romaine, dried chickpeas, vegan parmesan cheese, and vegan Caesar dressing

cobb salad- romaine, bacon, corn, egg, blue cheese, tomato, onion, and grilled chicken

chef salad- cucumber, tomato, ham, turkey, cheese, and egg

dressings: Italian, house-made ranch, or house-made balsamic

SIDES

potato chips, hand fruit, fresh cut fruit, Greek pasta salad, or soup of the day

BEVERAGES

canned soda, bottled water, or coffee