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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Greek Yogurt  (140)  Fruit  (49) | Cereal  (220)  Whole Wheat Toast  (69)  Orange Juice  (110) | Two Eggs  (144)  Whole Wheat Toast  (69)  Pomegranate Juice  (160) | Cereal  (220)  Whole Wheat Toast  (69)  Orange Juice  (110) | Two Eggs  (144)  Whole Wheat Toast  (69)  Pomegranate Juice  (160) | Greek Yogurt  (140)  Fruit  (49) | Greek Yogurt  (140)  Fruit  (49) |
| **Snack** | Special K Bar  (90) | Carrots  (59) | Special K Bar  (90) | Carrots  (59) | Carrots  (59) | Special K Bar  (90) | Special K Bar  (90) |
| **Lunch** | PB&J Sandwich  (365)  Protein Shake  (180) | Turkey Sandwich  (228)  Small Salad  (240) | Whole Wheat Pasta  (250) | Turkey Sandwich  (228)  Small Salad  (240) | Whole Wheat Pasta  (250) | Caesar Salad Bowl  (400) | Grilled Cheese  (280)  Pickle  (8) |
| **Snack** | Special K Bar  (90) | Strawberries  (49) | Apple  (116)  Nutella  (200) | Strawberries  (49) | Apple  (116)  Nutella  (200) | OPEN | OPEN |
| **Dinner** | Mac and Cheese  (400) | BLT  (407)  Tater Tots  (160) | Salad with Chicken  (467) | BLT  (407)  Tater Tots  (160) | Salad with Chicken  (467) | OPEN | OPEN |
| **Dessert** | Banana  (105) | Greek Yogurt  (140) | Smoothie  (252) | Greek Yogurt  (140) | Smoothie  (252) | OPEN | OPEN |
| **Total** | **1419** | **1682** | **1748** | **1682** | **1687** | **679** | **567** |

