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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** |

