

Week of	Breakfast		Meal 1	Meal 2	Meal 3
6/24	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito	Grilled Steak Mashed Potatoes Brussel Sprouts	Flexitarian Buffalo Cauliflower and Tofu Wrap Mozz, Tomato, Lettuce, Onion Field Green Salad w/ Hot Sauce	Ground Turkey Whole Grain Spaghetti w/ Zeke's Marinara Sauce Spinach
7/1	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Smoked Pulled Pork w/ Carolina BBQ Sauce Roasted Red Potatoes Corn & Green Beans	Grilled Salmon Soy Sesame Toasted Farro Bok Coy	Grilled Chicken Tabouleh Summer Salad (tomato, onion, corn) Beets
7/8	Breakfast Tower	Ham, Spinach and Tomato Frittata, Mixed Fruit	Steak Flat Bread Roasted Bell Peppers & Onions	Garlic Sautéed Shrimp Zoodles Roasted Tomatoes	Ground Turkey Wild Rice Kale
7/15	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites, Roasted Potatoes	Seared Pork Chop Yam Mash Roasted Cauliflower	Baked Tilapia w/ Lemon Bulgar Wheat (red onion, red pepper) Yellow Squash	Chicken Fried Cauliflower Rice (Snow peas, scallions, egg, diced carrots, red peppers)
7/22	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Smothered Breakfast Burrito	Shaved Beef Israeli cous cous Spinach/ Sun Dried Tomato / Onion	Flexitarian Mediterranean Garbanzo Tacos Rice, Tomato, Feta Cheese w/ Gremolata Sauce	Turkey Burger Whole Grain Bun w/ Roasted Red Pepper Aoili Field Green Salad W/ Balsamic Dressing

Week of	Breakfast		Meal 1	Meal 2	Meal 3
7/29	Breakfast Tower	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Korean Beef Vegetable Fried Rice	Tilapia Spaghetti Squash w/ Pesto Spinach	Balsamic Chicken / Onions Whole Grain Pasta Roasted Garlic Tomatoes
8/5	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Ham, Spinach and Tomato Frittata, Mixed Fruit	Beef Pho Rice Noodle Snow Peas	Ground Turkey Whole Wheat Pita Diced Tomato, Red Onion, Cucumbers (Tzatziki Sauce)	Grilled Chicken Jasmine Rice Broccoli
8/12	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites, Roasted Potatoes	Steak Tacos Cheese Romaine Shaved Street Corn	Salmon Bowl (Sweet Chili) Farro Bok Choy	Caprese Chicken Orzo Arugula w/ balsamic olive oil
8/19	Breakfast Tower	Smothered Breakfast Burrito	Carnitas Bowl Brown Rice Green Pepper & Onion	Sausage Pasta Salad Tri Color Pasta Olives, Celery, Cherry Tomatoes, Broccoli w/ White Balsamic	Smoked Turkey Roasted Potato Coleslaw
8/26	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Italian Sausage Spaghetti w/ Zeke's Marinara Sauce Brussel Sprouts	Tilapia Cake Butternut Squash Broccoli	Buffalo Pulled Chicken w/ Blue Cheese & Scallions Roasted Sweet Potato Kale Salad
9/2	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Ham, Spinach and Tomato Frittata, Mixed Fruit	Steak w/ Chimicurri Yam Frites Greens	Shrimp Kabobs Wild Rice Peppers, Pineapple, Onion, Zucchini	Turkey Meatball Zoodle w/ lemon

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9/9	Breakfast Tower	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites, Roasted Potatoes	Beef Stroganoff Egg Noodles Mushrooms, Onions	Lemon Garlic Salmon Cous Cous Green Beans	Chicken Enchilada Stuffed Bell Peppers