

# Feb 11th - Feb 23rd

Everyday Salad Option!!

**Breakfast** : These 4 options will be available everyday (Monday - Saturday)

<p>1) Huevos Rancheros 400 Calories, 13g Fat, 41g Carbs, 30g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p>3) Egg White Omelette 283 Calories, 8g Fat, 27g Carbs, 26g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p><b>Mini Mega Garden Salad</b> 350 Calories <u>Gluten Free</u> Circle Days Week One: M T W TH Fri Sat Week Two: M T W TH Fri Sat</p> <p><b>Salmon and Kale (Every Day!!)</b> 414 Calories, 16g fat, 12g Carbs, 40g Protein <u>Gluten Free</u> Circle Days Week One: M T W TH Fri Sat Week Two: M T W TH Fri Sat</p>
<p>2) Healthier Wolfe's Sausage Burrito 304 Calories, 20.3g Fat, 7.9g Carbs, 21.6g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p>4) Apple Cinnamon Quinoa Bowl 331 Calories, 8g Fat, 52g Carbs, 14g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	

	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019	Saturday, February 16, 2019
<b>Lunch</b>	61 <b>Honey Jalapeno Chicken Wraps.</b> 332 Calories, 7g Fat, 47g Carbs, 30g Protein	NEW 108 <b>Chicken Marsala</b> _____ Brown Rice and Veggies 350 Calories, 17g Fat, 13 Carbs, 25g Protein GF DF	108 <b>Peanut Chicken with Soba Noodle</b> 359 Calories, 12g Fat, 31g Carbs, 31 Protein	NEW 443 <b>Curry Chicken with Rice</b> 443 Calories, 11.4g Fat, 51g Carbs, 32 Protein	38 405 <b>Chicken Chili,</b> Calories, 12g Fat, 48g Carbs, 30g Protein GF	103 <b>Stuffed Potato Skins,</b> 300 Calories, 9g Fat, 38g Carbs, 20g Protein 6 g Fiber
<b>Dinner</b>	28 <b>Turkey Crock Pot Chili,</b> 386 Calories, Fat 13g, 33g Carbs, 36g Protein	106 <b>Caprese Chicken Grilled Veggies</b> 432 Calories, 14g carbs, 40g protein, 2g fiber GF	106 <b>Roasted Chicken Breasts With Rosemary</b> 290 Calories, 10g Fat, 10g Carbs, 28g Protein	644 <b>Grilled Salmon with Orzo, Feta</b> 644 Calories, 33.5Fat, 27g Carbs, 45g Protein	BBQ Turkey Meatloaf green beans and mashed yams	<b>Chicken , Rice and Veggies</b>
<b>Vegetarian Meal</b>	52 <b>Spring Roll Wrap</b> _____ GF	224 <b>Tofu Southwest Salad</b> 224 Calories, 16g Fat, 10g Carbs, 14.4g Protein	316 <b>Teriyaki Tofu Bowl</b> Calories, 7.2g Fat, 43.6 Carbs, 7.7g Protein	400 <b>Baked Yam, Side of Veggies</b> 400 Calories, 0g fat, 91 carbs, 7.12g Protein GF	37 <b>Sweet Potato and Black Bean Burritos,</b> 467 Calories, 13g Fat, 67g Carbs, 25g Protein	448 <b>Stuffed Bell Pepper,</b> 448 Calories, 10g Fat, 42g Carbs, 17g Protein GF

	Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019	Saturday, February 23, 2019
<b>Lunch</b>	NEW <b>Stuffed Chicken with Zucchini Pasta</b> 445 Calories, 6g Fat, 21.8 Carbs, 47.5 Protein *GF *DF	NEW** <b>Ancho Chicken Breasts</b> _____ with black beans, Bell peppers and Scallions 396 Calories, 14g Fat, 36g Carbs, 32g Protein	370 <b>Honey Mustard Chicken with Oven Roasted Vegetables,</b> Calories, 8g Fat, 47g Carbs, 20g Protein	49 <b>Chicken, Apple, Pecan Slaw</b> 390 Calories, 12g Fat, 41g Protein, 30g Carbs	259 <b>Turkey meatballs zoodle</b> 259 Calories, 10.2g Fat, 20 Carbs, 27.5g Protein	61 <b>Honey Jalapeno Chicken Wraps,</b> 332 Calories, 7g Fat, 47g Carbs, 30g Protein
<b>Dinner</b>	45 <b>Beef and Broccoli Stir Fry,</b> 573 Calories, 65 carbs, 50g protein, 14g fat	24 <b>Turkey burger</b> 450 Calorie with whole wheat Sandwich thin	10 <b>Individual Meat Loaves with a side,</b> 497 Calories, 4.6g Fat, 49.2g Carbs, 64.8g Protein GF	420 <b>Healthy Sesame Chicken with Broccoli</b> 420 Calories, 13g Fat, 46 Carbs, 30g Protein GF	19 <b>Fiesta Chicken,</b> 409 Calories, 6g Fat, 38g Carbs, 36.4g Protein	39 <b>Chipotle Steak Lettuce Wraps and Scallion Rice</b> 400 Calories, 13g Fat, 40g Protein, 31g Carbs
<b>Vegetaria n Meal</b>	371 <b>Spring Roll Wrap</b> _____ GF	New** <b>Walnut Tacos</b> 371 Calories, 24g Fat, 38g Carbs, 7g Protein	17 <b>Black Bean Burritos,</b> 425 Calories, 10g Fat, 48g Carbs, 19g Protein	NEW** <b>Vegetarian Chili</b> 311 Calories, 11g Fat, 39g Carbs, 16g Protein	448 <b>Stuffed Bell Pepper,</b> 448 Calories, 10g Fat, 42g Carbs, 17g Protein GF	14 <b>Rice with Lentils and Roasted Red Peppers,</b> 434 Calories, 16g Fat, 40g Carbs, 10g Protein