

Diet-to-Go
Local Balance-D Menu

WEEK 1

BREAKFAST

LUNCH

DINNER

TUESDAY

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Orlean's Tuna Salad
Citrus Fruit Cup
Honey Wheat Roll

Chicken Pizza
Broccoli

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Aztec Quinoa Salad
Oranges
Almonds

Turkey Chili
Pasta Salad Primavera
Cornbread Muffin

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Szechuan Turkey Burger on Rice Pilaf
Cauliflower

Baked Salmon with Pineapple Salsa
Turnip & Parsnip Veggie Puree
Ginger Carrots

SATURDAY

Sunny Breakfast Box:
Plain Greek Yogurt, Almonds
Peaches

Eggplant Parmesan
Italian Veggie Blend

Italian Chicken
Cous Cous Pilaf
Green Beans

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Deluxe Turkey Sandwich
Oat Flatbread, Peach Super Slaw
Mustard

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans with Almonds

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Basil Parmesan Chicken
Broccoli, Cauliflower, Spinach

Southwestern Turkey Burrito
Refried Beans, Fajita Veggies
Salsa

TUESDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Chicken Parmesan over Ratatouille
Broccoli Florets

WEEK 2

BREAKFAST

LUNCH

DINNER

TUESDAY

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Salmon Burger with Mango Salsa
Cracked Wheat Pilaf
Broccoli & Cauliflower

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Chicken Roma
Cauliflower
Italian Green Beans

Porcini Mushroom Chicken
Wild Rice Pilaf
Italian Veggie Blend

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Greek Pasta Salad with Tuna

Pomodoro Orange Roughy
Israeli Cous Cous
Mediterranean Veggies

SATURDAY

Sunny Breakfast Box:
Plain Greek Yogurt, Almonds
Peaches

Lemon Herb Chicken
Broccoli
Zucchini Timbale

Indian Turkey Tenderloin
Creamed Spinach & Cauliflower Puree
Broccoli

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Chicken Vegetable Stew with Peanuts
Broccoli

Eggplant Parmesan
Italian Veggie Blend

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Bistro Chicken Salad
(Chicken Breast Tenders with
Pasta, Vegetables, Sauce)
Mini Mango Walnut Muffin

Barbecue Chicken
Anise Roasted Potatoes
Baked Beans, Green Beans
BBQ Sauce

TUESDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Deluxe Turkey Sandwich
Oat Flatbread, Peach Super Slaw
Mustard

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WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus	
	WEDNESDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Chicken Pesto Salad Whole Wheat Roll	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
	THURSDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Blackened Salmon Spinach Cauliflower Puree Brussels Sprouts, Lemon Wedge	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
	FRIDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Sliced Turkey Mashed Potatoes, Gravy Green Beans with Almonds	Basil Parmesan Chicken Broccoli, Cauliflower, Spinach
	SATURDAY	Sunny Breakfast Box: Plain Greek Yogurt, Almonds Peaches	Chicken Alfredo Creamy Vegetable Mix Broccoli Florets	Eggplant Parmesan Italian Veggie Blend
	SUNDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice
	MONDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Stewed Veggies with Chicken Brown Rice	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
P i c k u p 2	TUESDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Indian Turkey Tenderloin Creamed Spinach & Cauliflower Puree Broccoli	
	WEEK 4			
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Santa Fe Chicken Burger Chipotle Ketchup Roasted Sweet Potatoes Italian Veggie Blend	
	WEDNESDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Blackened Salmon Spinach Cauliflower Puree Brussels Sprouts, Lemon Wedge	Chicken Fajita Refried Beans, Carrots Salsa, Sour Cream
	THURSDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Chicken Roma Collard Greens Mix Cauliflower	Stir Fry Chicken Oriental Veggies Brown Rice
	FRIDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Basil Parmesan Chicken Broccoli, Cauliflower, Spinach	Herbed Baked Salmon Brown Rice & Veggies Carrot & Jicama Medley
	SATURDAY	Sunny Breakfast Box: Plain Greek Yogurt, Almonds Peaches	Deluxe Turkey Sandwich Oat Flatbread, Peach Super Slaw Mustard	Chicken Parmesan Broccoli Florets
	SUNDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Chicken Black Bean Wrap Aztec Quinoa Salad Sour Cream	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans
	MONDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Italian Chicken Burger Whole Wheat Bun Sauteed Veggie Slaw	Eggplant Parmesan Italian Veggie Blend
P i c k u p 2	TUESDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Sliced Turkey Mashed Potatoes, Gravy Green Beans with Almonds	

Diet-to-Go
Local Balance-D Menu

WEEK 5

BREAKFAST

LUNCH

DINNER

	BREAKFAST	LUNCH	DINNER
TUESDAY			Indian Turkey Tenderloin Creamed Spinach & Cauliflower Puree Broccoli
WEDNESDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Basil Parmesan Chicken Broccoli, Cauliflower, Spinach	Chicken and Three Grain Broccoli
THURSDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Monterey Turkey Salad Orange Mango Salad	Blackened Turkey Loin Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
FRIDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Deluxe Turkey Sandwich Oat Flatbread, Peach Super Slaw Mustard	Harissa Salmon Mandarin Orange Almond Cous Cous Veggie Blend
SATURDAY	Sunny Breakfast Box: Plain Greek Yogurt, Almonds Peaches	Veggie Burrito Vegetable Blend Peanuts	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
SUNDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Sliced Turkey Mashed Potatoes, Gravy Green Beans with Almonds	Portobello Lasagna Veggie Mix
MONDAY	Cinnamon Walnut Cereal Plain Greek Yogurt	Curry Chicken Salad Orange Segments	Italian Meatballs on Fettucini Pomodoro Sauce Broccolini with Garlic
TUESDAY	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans	

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BALANCE D - SUBSTITUTION MENU**BREAKFAST**

Egg & Cheese Breakfast Sandwich, Tropical Fruit Salad

Cinnamon Walnut Cereal, Plain Greek Yogurt

Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Orange Sections

LUNCH

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach

Chicken Burger, Mango Pineapple BBQ Sauce, Peach Super Slaw, Mustard

Deluxe Turkey Sandwich, Oat Flatbread, Peach Super Slaw, Mustard

Field Greens Salad with Chicken, Lemon Basil Vinaigrette

Green Salad with Nut Mix, Lemon Basil Vinaigrette

DINNER

Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge

Eggplant Parmesan, Italian Veggie Blend

Indian Turkey Tenderloin over Creamed Spinach & Cauliflower Puree, Broccoli

Sliced Turkey, Mashed Potatoes, Gravy, Green Beans with Almonds

Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans