

Diet-to-Go

Local Low-Fat Traditional Menu

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Penne Pasta Turkey Meat Sauce Carrot Coins, Zucchini	
	WEDNESDAY	Blueberry Pancakes Turkey Sausage Blueberry Syrup	Orlean's Tuna Salad Citrus Fruit Cup Honey Wheat Roll Chicken Pizza Broccoli Peanut & Cranberry Snack Mix	
	THURSDAY	Fruit Ambrosia Cherry Almond Oatmeal Bar	Turkey Ham Salad (all turkey) Pretzel Roll Lentil Chili Turkey Chili Cornbread Muffin	
	FRIDAY	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on Rice Pilaf Cauliflower	Baked Atlantic Salmon with Pineapple Salsa Turnip & Parsnip Veggie Ginger Carrots
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll	
P i c k u p 2	SUNDAY	Whole Wheat Bagel Veggie Cream Cheese Tropical Fruit Salad Cioppino Seafood Medley Fennel Veggie Salad		
	MONDAY	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections Blue Crab Ravioli Soup Vanilla Fruit Gelatin Peanuts & Raisins Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa		
	TUESDAY	Greek Mushroom Greek Yogurt	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Orange Sections	

WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Herb Crusted Whitefish Polenta, Broccoli Lemon	
	WEDNESDAY	Oat & Raisin Scone Apple Butter Greek Yogurt	Salmon Burger with Mango Salsa Cracked Wheat Pilaf Broccoli & Cauliflower Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli Chocolate Mousse	
	THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage Mango Salad	Mediterranean Tapas Red Pepper Hummus Baba Ganouj, Tabouleh Whole Wheat Pita Bread Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend	
	FRIDAY	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	Greek Pasta Salad with Tuna	Orange Roughy Fish Lemon Herb Sauce Israeli Cous Cous
	SATURDAY	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Shrimp Mango Bisque Jicama & Orange Salad Seasoned Pita Turkey Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob	
P i c k u p 2	SUNDAY	Fajita Omelet Mozzarella Cheese Orange Segments	Chicken Vegetable Stew with Peanuts Broccoli Baked Spaghetti Pie Cauliflower	
	MONDAY	Mushroom Strata Chicken Sausage Tropical Fruit Salad	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	Raisin Bran Muffin Strawberry Preserves Greek Yogurt	Chicken Philly Sub Multigrain Sub Roll Provolone Cheese, Veggie Slaw		

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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	Cornbread Muffin Cranberry Cream Cheese Greek Yogurt	Chicken Pesto Salad Whole Wheat Roll	Macaroni and Cheese Carrot Coins, Broccoli
	THURSDAY	Kale & Swiss Frittata Chicken Sausage	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
	FRIDAY	Breakfast Pizza Spiced Apples	Turkey Burger Pretzel Roll, Ketchup Orange & Craisin Salad	Shrimp Fettucini Honey Wheat Roll Broccoli
	SATURDAY	Granola & Yogurt	Garden Salad Lemon Pesto Vinaigrette Jalapeño Cornbread Zesty Snack Mix	Whitefish Parmesan Ginger Orange Carrots
	SUNDAY	Eggs Florentine Chicken Sausage Orange Sections	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Stewed Veggies with Chicken Brown Rice	Tomato Veggie Pie Cous Cous
P i c k u p 2	TUESDAY	Apple Pancakes Turkey Sausage Apple Syrup	Thai Chicken and Mushroom Soup Coconut Mango Rice Sweet Plantains	

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Turkey Meatloaf Sweet Potatoes Green Beans	
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Waldorf Chicken Salad Snack Mix V8	Chicken Fajita Refried Beans, Carrots Salsa, Sour Cream
	THURSDAY	Baked Cinnamon Bar Spiced Apples	Casablanca Soup Pretzel, Honey Mustard Cream Cheese	Stir Fry Chicken Oriental Veggies Brown Rice
	FRIDAY	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Tangarine	Herbed Baked Atlantic Salmon Brown Rice & Veggies Carrot & Jicama Medley
	SATURDAY	Waffles with Peaches & Apples in Syrup	Reuben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets
	SUNDAY	Peachy Keen Muffin Apple Butter Greek Yogurt	Aztec Chicken and Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans
	MONDAY	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Chicken Florentine Burger Apple Chips	Chugwater Chili Drop Biscuit
P i c k u p 2	TUESDAY	Greek Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	

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WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Curried Shrimp Basmati Rice Minted Carrots	
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat with Turkey (Stuffed Potatoes) Nutty Wheatberry Salad	Chicken and Turkey Brunswick Stew Corn & Lentil Loaf
	THURSDAY	Egg and Broccoli Pie Apple	Michigan Turkey Salad Orange Mango Salad	Blackened Turkey Loin Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup	Turkey Swiss Sandwich Relish, Veggie Chips V8	Harissa Salmon Mandarin Orange Almond Cous Cous Veggie Blend
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
P i c k u p 2	SUNDAY	Fruit & Granola Parfait Oatmeal Blueberry Bar	Hungarian Turkey Basmati Rice Pilaf Veggie Blend	Lobster and Veggie Ravioli Red Pepper Cream Sauce Italian Veggie Blend
	MONDAY	Mango Cranberry Muffin Orange Marmalade Greek Yogurt	Curry Chicken Salad Orange Segments	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
	TUESDAY	Noodle Kugel (Sweet Casserole) Apple	Chicken Alfredo Melt Roasted Veggie Salad	

SUBSTITUTION MENU

S u b s t i t u t i o n M e n u	BREAKFAST Apple Pancakes, Turkey Sausage, Apple Syrup Blueberry Pancakes, Maple Syrup, Turkey Sausage Cinnamon Raisin Bagel, Cream Cheese Cup, Apple Waffles, Light Syrup Whole Wheat Bagel, Cream Cheese, Apple
	LUNCH Black Bean Soup, Soft Pretzel Chicken Burger, BBQ Sauce, Pear Deluxe Turkey Sandwich, Multigrain Roll, Golden Sauce, Apple Green Salad, Dressing Du Jour, Flatbread, String Cheese Grilled Cheese Sandwich, Apple Grilled Turkey Ham and Cheese Sandwich, Applesauce Grilled Veggie Sandwich, Multigrain Roll, Baked Potato Chips Peanut Butter & Grape Jelly, Whole Wheat Bread, Applesauce Smoked Chicken Sandwich, Whole Wheat Bread, BBQ Sauce, Orange Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Tomato, Salsa, Apple Tomato Meltover, Applesauce Turkey Pastrami on Rye Bread, Deli Mustard, Citrus Fruit Cup
	DINNER Asian Flat Iron Steak, Wasabi Mashed Potatoes, Sugar Snap Pea Vegetable Blend Chicken Parmesan, Carrots, Roll Chugwater Chili, Low-Fat Chocolate Pudding, Roll, Cream Cheese Cup Cioppino Seafood Medley, Roll, Cream Cheese Cup, Chocolate Pudding Eggplant Parmesan, Green Beans Indian Turkey Tenderloin, Red Pepper Yogurt Sauce, Potato Medley, Veggie Blend Johnny's Veggie Pizza, Broccoli Sliced Turkey Dinner, Mashed Potatoes, Gravy, Green Beans Stuffed Shells with Tomato Sauce, Baby Carrots Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans Turkey BBQ Melts, Peach Salsa, Coleslaw Whitefish Parmesan, Whole Grain Roll, Baby Carrots