



DIY Creative Combos

Build your own creative menu options: Order each à la carte ingredient separately and assemble any combination on your own.

*Gluten free (substitute gluten free pasta as needed)

Fruit Parfait

Greek yogurt, fruit of choice, granola or crumbled bran muffin sprinkles

Protein Porridge

Oatmeal or cream of wheat, Beneprotein, peanut butter or almonds, milk or soy/almond milk, banana or fruit of choice

PBJ&B

Bread roll, peanut butter, honey/jelly, banana

BLT

Bacon, lettuce, tomato, mayonnaise, white roll

Egg Salad

Hard boiled egg(s), mayonnaise, mustard, pepper, green onion.

Optional: bread roll or saltine crackers

Scrambled Egg Sandwich

Bread roll, scrambled eggs, bacon / Impossible sausage





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Burrito/Taco

Flour tortilla, pinto beans, brown rice, sour cream, salsa, avocado and green onions. Optional: grilled chicken / salmon / chicken tenders / cheesy egg scramble

Chicken Wrap

Tortilla, grilled chicken or chicken tenders, side salad, ranch or balsamic dressing

Green Salad Topped with Salmon or Grilled Chicken

Side salad, pan seared salmon or grilled chicken and dressing of choice

Burger Mac & Cheese

Break up a turkey patty or Beyond Burger patty and crumble over mac & cheese. Add sliced tomatoes, mustard and sour cream

Spiced Mac & Cheese

Mac & cheese, Cholula hot sauce, cottage cheese. Top with crushed Saltines or cheddar crackers.

Sloppy Joes

One or two white rolls, ground turkey tomato sauce, one or two slices American cheese





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BBQ Chicken Sliders

Two white rolls, two chicken tenders, BBQ sauce, lettuce, onion, tomato

BBQ Chicken Grilled Cheese

Grilled chicken, grilled cheese sandwich, BBQ Sauce

Teriyaki Rice or Noodle Bowl

Choose a protein option:

Salmon / chicken / tofu / turkey patty / Beyond Burger patty. Add rice or spaghetti noodles, braised mixed greens, green onions, teriyaki sauce.

Teriyaki Lettuce Wrap

Lettuce leaves, turkey or Beyond burger patty or grilled salmon or chicken, steamed carrots, green onions, teriyaki sauce

Egg, Burger & Rice w/Gravy

Turkey or Beyond burger patty, brown or white rice, scrambled egg and gravy

Salmon or Grilled Chicken Sandwich or Wrap

Pan seared salmon or grilled chicken, lettuce, tomato, onion, mayonnaise or Ranch dressing on a bread roll or wrapped in a flour tortilla





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Chips & Dip*

Multigrain chips, salsa, sour cream, and mashed avocado

Raw Veggies & Dip

Raw carrots, celery, broccoli with cheese sauce, Ranch dressing or peanut butter

Cheesy Dippers

Choice of French fries / pretzels/ popcorn / multigrain chips and a side of cheese sauce

Cheese & Crackers

Saltines or Graham Crackers, Mozzarella sticks or American/Swiss cheese slices

Dessert Crepe

Chocolate chip pancakes, Banana, vanilla ice cream

Ice Cream Sandwich

Two chocolate chip cookies and one scoop of ice cream

Sundae

Ice creamy topped with banana and almonds

Apple Pie Pudding

Mix one half of an applesauce with vanilla pudding and top with crushed graham crackers and sliced apples

