

DIY CREATIVE MENU

LIMITED MENU EDITION

BREAKFAST

BLT

Bacon, white roll, tomato, lettuce, mayo.

Fruit Parfait

Greek yogurt, fruit of choice, granola or muffin (crumble and sprinkle on top) .

Protein Oatmeal/Cream of Wheat

1 packet protein powder, oatmeal/cream of wheat, peanut butter, banana, milk or dairy free milk. Mix to desired consistency and top with sliced bananas or fruit of choice!

Add pancake syrup or brown sugar for extra sweetness.

SNACKS & SWEETS

Ants on a Log

Vegetable snack box, peanut butter, raisin.

Apples + Peanut butter

Sliced apples and peanut butter

Apple Pie Pudding

Vanilla pudding, apple sauce, graham crackers and sliced apples. Mix 1/2 of apple sauce into vanilla pudding and top with crushed graham cracker. Consider eating it with sliced apples!

Ice Cream Sandwich

Two chocolate chip cookies and 1 scoop of ice cream

LUNCH & DINNER

Burrito/Taco

Tortilla, pinto beans, sour cream, salsa, brown rice. Optional: grilled chicken, salmon or chicken tenders.

Chicken Wrap

Tortilla, grilled chicken, side salad, ranch/balsamic dressing.

Cheeseburger Mac n'Cheese

Mac and cheese, hamburger patty or Beyond Burger patty (w/o bun), mustard and sour cream. Break up the burger patty and mix into macaroni with condiments. Optional: order a side of tomatoes, cut it up and mix in.

Spiced Mac and Cheese

Mac and cheese, hot sauce, cottage cheese, saltine or cheddar crackers. Mix and top with crushed saltine or cheddar crackers to add some crunch!

Sloppy Joe Sliders

1-2 white rolls, classic meat and mushroom and ground turkey pasta sauce, 1-2 slices of american cheese.

BBQ Chicken Sliders

2 white rolls, 2 chicken tenders, BBQ sauce, lettuce, onion, tomato

BBQ Chicken Grilled Cheese

Grilled chicken, grilled cheese, BBQ sauce.

Grilled Salmon/Chicken Salad

Entree Field Salad, Grilled salmon/chicken, dressing of choice

Egg Salad Sandwich

Boiled eggs, mayonnaise, mustard, salt, pepper, white rolls, lettuce, tomato.