

# Destination Hope

Weekday	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Treat of the day
Sunday	Asst Grains and cereals, muffins, fresh fruit, yogurt	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Turkey Club on whole wheat, tossed salad, pasta salad	Yogurt, Fruits, carrots and dip, tossed salad, popcorn	Orange chicken, lomein noodles, vegetable of the day, salad	lemon drop cookies
Monday	Assorted Grains, cereals, fruit cups, Scrambled Eggs, home fries	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Grilled Buffalo chicken sandwich on a kaiser roll with coleslaw and tossed salad	Assorted Yogurts, Fruits, carrots and dip, popcorn	Teriyaki glazed salmon, wild rice roasted broccoli, tossed salad	cheese cake
Tuesday	Assorted Grains, fruit cups, pancakes, yogurt, hard boiled eggs, sausage	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Chicken/cheese quesadilla wheat tortilla, pico de gallo, chips and guacamole, salad	Assorted Yogurts, Fruits, carrots and dip, tossed salad, popcorn	Striploin steak. Asparagus w/ hollandaise sauce, garlic mashed potato, salad	brownies
Wednesday	Assorted Grains, fruit cups, hard boiled eggs, <b>French Toast</b> , Bacon	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Italian panini/veggie panini with caesar salad	Assorted Yogurts, Fruits, carrots and dip, tossed salad, popcorn	Baked Chicken with Seasoned Rice and mixed vegetables	rice krispie treats
Thursday	Assorted Grains, fruit cups, Scrambled Eggs, home fries	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Philly cheesesteak with Fries , tossed salad	Assorted Yogurts, Fruits, carrots and dip, tossed salad, popcorn	Mojo pork, rice and beans, roasted cauliflower, salad	chocolate chip cookies
Friday	Assorted Grains, fruit cups, belgium waffles w/strawberries	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Chicken Gyro/falafel with greek salad	Assorted Yogurts, Fruits, carrots and dip, tossed salad, popcorn	Shrimp/Chicken scampi over linguine, mixed vegetables, salad	strawberry shortcake
Saturday	Asst Grains and cereals, muffins, fresh fruit, yogurt	Assorted Yogurts, Fruits, Carrots and Hummus, hard boiled eggs	Hamburger and fries, mixed green salad	Assorted Yogurts, Fruits, carrots and dip, tossed salad, popcorn	BBQ chicken, mac & cheese, green beans, salad	apple pie a la mode

\* low-fat milk, almond milk, fruit juice, coffee and tea are available at all times

\*\* fresh fruit, salad, yogurt, and sandwiches are available at all times as well as vegetarian and low carb options.