



## **CYCLE DAY 1**

### **BREAKFAST**

PANCAKES  
GRILLED BACON  
CREAMED GROUND BEEF  
HASH BROWNS  
BOILED EGGS  
SCRAMBLED EGG WHITES  
OMELET BAR  
YOGURT & SMOOTHIES  
FRUIT BAR  
CEREAL BAR

### **LUNCH**

SPINACH LASAGNA  
MEAT LASAGNA  
HERBED BAKED CHICKEN  
SPICY BROWN RICE PILAF  
GLAZED BABY CARROTS  
ZUCCHINI W/ BASIL  
TOSCANO SOUP  
TOASTED GARLIC BREAD  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
FRENCH FRIES  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO

### **DINNER**

MEXICAN BAKED CHICKEN  
GRILLED CHEESE  
GRILLED HAM & CHEESE  
SPANISH RICE  
ROASTED BROCCOLI  
STEAMED CORN  
TOMATO SOUP  
FRUIT BAR  
SALAD BAR  
MARBLE CAKE  
SUGAR COOKIES  
FRUIT JELLO