

BLUE RIBBON BISTRO MENU



BREAKFAST

■ = Eat Often

■ = Eat Occasionally

■ = Eat Rarely

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------|--|--|---|---|---|--|--|
| Eggs & Meat | <ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage | <ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage | <ul style="list-style-type: none"> ■ Turkey TX Hash ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Bacon ■ Bacon ■ Pork Sausage Links | <ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Ham Slice ■ Chicken Sausage ■ Sausage Gravy ■ Bacon | <ul style="list-style-type: none"> ■ Creamed Ground Turkey ■ Assorted Eggs ■ Turkey Sausage ■ Corned Beef Hash ■ Bacon ■ Pork Sausage | <ul style="list-style-type: none"> ■ Grilled Chicken Breast ■ Assorted Eggs ■ Chicken Sausage ■ Sausage Gravy ■ Bacon ■ Pork Sausage | <ul style="list-style-type: none"> ■ Assorted Eggs ■ Bacon ■ Pork Sausage |
| Starches & Sides | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Hash Brown ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Assorted Veg. ■ Home Fried Potatoes ■ Biscuit | <ul style="list-style-type: none"> ■ Fresh Fruit ■ Hash Brown ■ Biscuit |

PERFORMANCE BAR

OPEN MON-FRI FOR BREAKFAST & LUNCH • CLOSED ON HOLIDAYS & WEEKENDS

| Breakfast | Breakfast Parfait Bar includes yogurts & assorted toppings |
|-----------|---|
| Lunch | Salad Bar: assorted leafy greens, vegetables, toppings, & dressings |

SHORT ORDER GRILL

| Breakfast | Made to Order Eggs & Omelets Egg substitute available upon request | | | |
|----------------|---|---|---|---|
| Lunch & Dinner | <ul style="list-style-type: none"> ■ Veggie Burger ■ Turkey Burger ■ Salmon Burger | <ul style="list-style-type: none"> ■ Grilled Chicken Sandwich ■ Hamburger ■ Cheeseburger | <ul style="list-style-type: none"> ■ Grilled Cheese ■ Grilled Ham & Cheese ■ Hot Dog | <ul style="list-style-type: none"> ■ French Fries ■ Sweet Potato Fries (Fries available at lunch Mon.-Friday) |

GRAB N GO

| | | | |
|---|--|---|---|
| Assorted Sandwiches & Wraps Specialty Salads | Assorted Small Bites & Yogurts Fresh Fruit Cups | Hummus & Guacamole Cups Chips & Pretzels | Fresh Baked Cookies Assorted Beverages |
|---|--|---|---|

Menu item & prices subject to change based on item availability.

BLUE RIBBON BISTRO MENU



WEEK 1

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | 18 AUG | 19 AUG | 20 AUG | 21 AUG | 22 AUG | 23 AUG | 24 AUG |

LUNCH

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----------------------------------|---|---|--|--|--|---|--|
| Entrée | <ul style="list-style-type: none"> ■ Pork Chops (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO) ■ BBQ Chicken (467 kcals, 28 g Pro, 28 g Fat, 28 g CHO) | <ul style="list-style-type: none"> ■ Cheese Tortellini (404 kcals, 16 gm Pro, 9 g Fat, 65 g CHO) ■ Chicken Scallopini (326 kcals, 34 g Pro, 15 g Fat, 14 g CHO) ■ Shrimp Alfredo (610 kcals, 26 g Pro, 35 g Fat, 47 g CHO) | <ul style="list-style-type: none"> ■ Stuffed Bell Peppers (313 kcals, 22 gm Pro, 10 g Fat, 35 g CHO) ■ Mexican Chicken (361 kcals, 26 gm Pro, 28 g Fat, 2 g CHO) ■ Pork Carnitas (726 kcals, 34 gm Pro, 55 g Fat, 19 g CHO) | <ul style="list-style-type: none"> ■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO) ■ Chicken Pot Pie (350 kcals, 23 g Pro, 10 g Fat, 40 g CHO) ■ Shrimp & Cheese Grits (444 kcals, 17 g Pro, 26 g Fat, 28 g CHO) ■ Smothered Pork Chop (356 kcals, 23 gm Pro, 21 g Fat, 18 g CHO) | <ul style="list-style-type: none"> ■ Kung Pao Chicken (178 kcals, 20 gm Pro, 6 g Fat, 11 g CHO) ■ Mongolian Beef (203 kcals, 21 gm Pro, 9 g Fat, 9 g CHO) ■ Ginger Butter Fish (245 kcals, 25 g Pro, 15 g Fat, 1 g CHO) | <ul style="list-style-type: none"> ■ Cajun Crusted Catfish (325 kcals, 37 g Pro, 9 g Fat, 23 g CHO) ■ Turkey & Noodle Bake (546 kcals, 37 g Pro, 25 g Fat, 46 g CHO) ■ Beef Pot Roast (300 kcals, 23 g Pro, 22 g Fat, 3 g CHO) | <ul style="list-style-type: none"> ■ Chicken Alfredo (365 kcals, 21 g Pro, 14 g Fat, 40 g CHO) ■ Glazed Meatloaf (315 kcals, 33 g Pro, 11 g Fat, 18 g CHO) |
| Starches, Sides & Soup | <ul style="list-style-type: none"> ■ Collard Greens ■ Roasted Baby Carrots ■ Oven Roasted Potato ■ Rice Pilaf | <ul style="list-style-type: none"> ■ Roasted Broccoli ■ Sauteed Zucchini ■ Parsley Potatoes ■ Herbed Brown Rice ■ Minestrone Soup | <ul style="list-style-type: none"> ■ Fresh Green Beans ■ Mexican Corn ■ Paprika Potatoes ■ Jalapeno Brown Rice ■ Chicken Tortilla Soup | <ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Sauteed Asparagus ■ Steamed Rice ■ Baked Mac & Cheese ■ Chicken Noodle Soup | <ul style="list-style-type: none"> ■ Sesame Green Beans ■ Teriyaki Broccoli ■ Asian Stir-Fry Noodles ■ Egg Rolls ■ Mulligatawny Soup | <ul style="list-style-type: none"> ■ Brussel Sprouts ■ Baby Carrots ■ Rice Pilaf ■ Garlic Mashed Potatoes ■ Beef & Vegetable Soup | <ul style="list-style-type: none"> ■ Herbed Green Beans ■ Roasted Asparagus ■ Parsley Potatoes ■ Hawaiian Roll |

DINNER

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----------------------------|--|---|--|--|---|--|--|
| Entrée | <ul style="list-style-type: none"> ■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Savory Baked Chicken (537 kcals, 28 g Pro, 46 g Fat, 1 g CHO) | <ul style="list-style-type: none"> ■ Beef Chili Mac (354 kcals, 23 g Pro, 11 g Fat, 42 g CHO) ■ Chicken Tacos (419 kcals, 31 g Pro, 18 g Fat, 34 g CHO) | <ul style="list-style-type: none"> ■ Spaghetti w/ Meat Sauce (458 kcals, 27 g Pro, 13 g Fat, 56 g CHO) ■ Chicken Piccata (615 kcals, 44 g Pro, 43 g Fat, 14 g CHO) | <ul style="list-style-type: none"> ■ Roast Turkey (199 kcals, 32 g Pro, 9 g Fat, 0 g CHO) ■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO) | <ul style="list-style-type: none"> ■ Salmon w/ Summer Salsa (256 kcals, 39 g Pro, 9 g Fat, 2 g CHO) ■ Salisbury Steak (254 kcals, 18 g Pro, 16 g Fat, 11 g CHO) | <ul style="list-style-type: none"> ■ Beef & Broccoli (215 kcals, 19 g Pro, 8 g Fat, 18 g CHO) ■ Chinese 5 Spice Chicken (361 kcals, 27 g Pro, 27 g Fat, 2 g CHO) | <ul style="list-style-type: none"> ■ Beef Yakisoba (394 kcals, 36 g Pro, 10 g Fat, 38 g CHO) ■ Asian BBQ Chicken (305 kcals, 35 g Pro, 11 g Fat, 16 g CHO) |
| Starches & Sides | <ul style="list-style-type: none"> ■ Peas & Carrots ■ Sauteed Zucchini ■ Roasted Potatoes | <ul style="list-style-type: none"> ■ Steamed Broccoli ■ Sauteed Asparagus ■ Refried Beans ■ Mexican Rice | <ul style="list-style-type: none"> ■ Herbed Green Beans ■ Garlic Roasted Broccoli ■ Bowtie Pasta ■ Garlic Mashed Potatoes | <ul style="list-style-type: none"> ■ Roast Summer Squash ■ Herbed Green Beans ■ Potato Wedges ■ Hawaiian Roll | <ul style="list-style-type: none"> ■ Wild Rice ■ Roasted Potatoes ■ Peas & Carrots ■ Collard Greens | <ul style="list-style-type: none"> ■ Ginger Glazed Carrots ■ Mandarin Veg. Stir Fry ■ Brown Rice ■ Teriyaki Sweet Potatoes | <ul style="list-style-type: none"> ■ Ginger Glazed Carrots ■ Mandarin Vegetable ■ Brown Rice |

BLUE RIBBON BISTRO MENU



WEEK 2

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | 25 AUG | 26 AUG | 27 AUG | 28 AUG | 29 AUG | 30 AUG | 31 AUG |

LUNCH

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----------------------------------|---|--|--|--|---|---|---|
| Entrée | <ul style="list-style-type: none"> ■ Baked Tuna & Noodles (456 kcals, 32 g Pro, 17 g Fat, 43 g CHO) ■ Braised Beef Cubes (323 kcals, 50 g Pro, 10 g Fat, 9 g CHO) | <ul style="list-style-type: none"> ■ Chicken Giardino (368 kcals, 25 g Pro, 11 g Fat, 44 g CHO) ■ Shrimp Scampi (228 kcals, 13 g Pro, 14 g Fat, 3 g CHO) ■ Italian Pork Chop (255 kcals, 24 g Pro, 16 g Fat, 4 g CHO) | <ul style="list-style-type: none"> ■ Southwestern Salmon (245 kcals, 39 g Pro, 8 g Fat, 2 g CHO) ■ Beef Enchiladas (364 kcals, 23 g Pro, 14 g Fat, 39 g CHO) ■ Spicy Garlic Lime Chicken (429 kcals, 26 g Pro, 33 g Fat, 9 g CHO) | <ul style="list-style-type: none"> ■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO) ■ Oven Fried Chicken (583 kcals, 28 g Pro, 44 g Fat, 18 g CHO) ■ Sam's Rub Pork Spareribs (531 kcals, 33 g Pro, 29 g Fat, 35 g CHO) ■ Swiss Steak (373 kcals, 31 g Pro, 22 g Fat, 11 g CHO) | <ul style="list-style-type: none"> ■ Seared Mahi Mahi w/ Roasted Red Pepper Sauce (240 kcals, 34 g Pro, 5 g Fat, 11 g CHO) ■ Hawaiian Chicken (422 kcals, 35 g Pro, 17 g Fat, 33 g CHO) ■ Kahlua Style Pulled Pork (591 kcals, 30 g Pro, 46 g Fat, 13 g CHO) | <ul style="list-style-type: none"> ■ Lemon Butter Tilapia (140 kcals, 24 g Pro, 5 g Fat, <1 g CHO) ■ Savory Greek Chicken (432 kcals, 26 g Pro, 37 g Fat, <1 g CHO) ■ Beef Stroganoff (268 kcals, 23 g Pro, 15 g Fat, 9 g CHO) | <ul style="list-style-type: none"> ■ Ranch Chicken Pasta (426 kcals, 27 g Pro, 15 g Fat, 52 g CHO) ■ Meatball Sub (683 kcals, 41 g Pro, 32 g Fat, 60 g CHO) |
| Starches, Sides & Soup | <ul style="list-style-type: none"> ■ Roasted Carrots ■ Steamed Broccoli ■ Whole Grain Roll ■ Egg Noodles | <ul style="list-style-type: none"> ■ Herbed Brown Rice ■ Sautéed Asparagus ■ Ratatouille ■ Garlic Mashed Potatoes ■ Minestrone Soup | <ul style="list-style-type: none"> ■ Sautéed cabbage ■ Steamed Broccoli ■ Cilantro Lime Rice ■ Jalapeno Cornbread ■ Chicken Tortilla Soup | <ul style="list-style-type: none"> ■ Pinto Beans ■ Collard Greens ■ Loaded Mash. Potatoes ■ Baked Mac & Cheese ■ Chicken Noodle Soup | <ul style="list-style-type: none"> ■ Green Beans ■ Grilled Corn ■ Sweet Plantain ■ Coconut Rice ■ Mulligatawny Soup | <ul style="list-style-type: none"> ■ Asparagus ■ Roasted Cauliflower ■ Parsley Potatoes ■ Lemon & Herb Orzo ■ Beef & Vegetable Soup | <ul style="list-style-type: none"> ■ Green Beans ■ Summer Squash ■ Tater Tots ■ Garlic Bread |

DINNER

| | | | | | | | |
|-----------------------------|---|--|--|--|--|--|--|
| Entrée | <ul style="list-style-type: none"> ■ Teriyaki Salmon (248 kcals, 39 g Pro, 8 g Fat, 2 g CHO) ■ Mongolian Beef (203 kcals, 21 g Pro, 9 g Fat, 9 g CHO) | <ul style="list-style-type: none"> ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO) ■ Potato Crusted Cod (240 kcals, 23 g Pro, 8 g Fat, 16 g CHO) | <ul style="list-style-type: none"> ■ Spinach Lasagna (291 kcals, 21 g Pro, 9 g Fat, 35 g CHO) ■ Chicken Primavera (230 kcals, 22 g Pro, 6 g Fat, 24 g CHO) | <ul style="list-style-type: none"> ■ Texas Turkey Hash (249 kcals, 19 g Pro, 10 g Fat, 21 g CHO) ■ Smothered Pork Chop (356 kcals, 23 g Pro, 21 g Fat, 18 g CHO) | <ul style="list-style-type: none"> ■ Beef Yakisoba (394 kcals, 36 g Pro, 10 g Fat, 38 g CHO) ■ Asian BBQ Chicken (305 kcals, 35 g Pro, 11 g Fat, 16 g CHO) | <ul style="list-style-type: none"> ■ Lemon Baked Cod (155 kcals, 30 g Pro, 4 g Fat, <1 g CHO) ■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) | <ul style="list-style-type: none"> ■ Carib. Beef Curry (310 kcals, 34 g Pro, 13 g Fat, 16 g CHO) ■ Coconut Tilapia (265 kcals, 27 g Pro, 10 g Fat, 17 g CHO) |
| Starches & Sides | <ul style="list-style-type: none"> ■ Sesame Green Beans ■ Mandarin Vegetables ■ Brown Rice | <ul style="list-style-type: none"> ■ New Brunswick Veg. Zucchini & Squash ■ Steamed Rice ■ Mashed Potatoes | <ul style="list-style-type: none"> ■ Roasted Carrots ■ Sautéed Brussel Sprouts ■ Steamed Rice ■ Bow Tie Pasta | <ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Lyonnaise Green Beans ■ Brown Rice ■ Mashed Potatoes | <ul style="list-style-type: none"> ■ Mandarin Vegetables ■ Glazed Green Beans ■ Steamed Rice ■ Egg noodles | <ul style="list-style-type: none"> ■ Sautéed Kale ■ Herbed Green Beans ■ Brown Rice ■ Roasted Potatoes | <ul style="list-style-type: none"> ■ Collard Greens ■ Glazed Carrots ■ Steamed Rice ■ Sw. Potato Wedges |

BLUE RIBBON BISTRO MENU



WEEK 3

■ = Eat Often ■ = Eat Occasionally ■ = Eat Rarely

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------|---------|---------|---------|---------|---------|---------|
| | 01 SEPT | 02 SEPT | 03 SEPT | 04 SEPT | 05 SEPT | 06 SEPT | 07 SEPT |

LUNCH

| Soup | Chef's Choice | | | | | | |
|-----------------------------------|--|---|---|---|--|--|--|
| Entrée | <ul style="list-style-type: none"> ■ Pork Chop (347 kcals, 25 g Pro, 17 g Fat, 21 g CHO) ■ Chicken Cutlet (336 kcals, 33 g Pro, 18 g Fat, 8 g CHO) | <ul style="list-style-type: none"> ■ Italian Roast Turkey (167 kcals, 25 g Pro, 8 g Fat, <1 g CHO) ■ Citrus Herb Chicken (289 kcals, 40 g Pro, 11 g Fat, 6 g CHO) ■ Spaghetti w/Meat Sauce (452 kcals, 29 g Pro, 12 g Fat, 56 g CHO) | <ul style="list-style-type: none"> ■ Chipotle Tilapia (270 kcals, 27 g Pro, 11 g Fat, 15 g CHO) ■ Cajun Pork Loin (263 kcals, 33 g Pro, 14 g Fat, 0 g CHO) ■ Southwest Chicken (360 kcals, 26 g Pro, 28 g Fat, 1 g CHO) | <ul style="list-style-type: none"> ■ Seared Salmon (239 kcals, 39 g Pro, 8 g Fat, 1.5 g CHO) ■ Chicken Vega (620 kcals, 34 g Pro, 33 g Fat, 45 g CHO) ■ Beef Brisket (623 kcals, 43 g Pro, 48 g Fat, 9 g CHO) | <ul style="list-style-type: none"> ■ Tofu Stir Fry (223 kcals, 15 g Pro, 11 g Fat, 17 g CHO) ■ Chicken Curry (216 kcals, 23 g Pro, 12 g Fat, 7 g CHO) ■ Cantonese Pork Spareribs (481 kcals, 36 g Pro, 33 g Fat, 11 g CHO) | <ul style="list-style-type: none"> ■ Lemon Crusted Cod (200 kcals, 21 g Pro, 7 g Fat, 13 g CHO) ■ Beef Lasagna (480 kcals, 34 g Pro, 20 g Fat, 43 g CHO) ■ BBQ Chicken (424 kcals, 27 g Pro, 28 g Fat, 16 g CHO) | <ul style="list-style-type: none"> ■ Baked Spaghetti (450 kcals, 25 g Pro, 13 g Fat, 56 g CHO) ■ Chicken Parmesan (271 kcals, 36 g Pro, 8 g Fat, 12 g CHO) |
| Starches, Sides & Soup | <ul style="list-style-type: none"> ■ Collard Greens ■ Steamed Broccoli ■ Mashed Potatoes ■ Cornbread | <ul style="list-style-type: none"> ■ Roasted Asparagus ■ Sautéed Brussel Sprouts ■ Roasted Italian Vegetable ■ Brown Rice ■ Minestrone Soup | <ul style="list-style-type: none"> ■ Sautéed Kale ■ Cilantro Lime Rice ■ Paprika Potatoes ■ Hacienda Corn ■ Chicken Tortilla Soup | <ul style="list-style-type: none"> ■ Sauteed Cabbage ■ Roasted Squash ■ Wild Rice ■ Parsley Potatoes ■ Chicken Noodle Soup | <ul style="list-style-type: none"> ■ Caribbean Cabbage ■ Sesame Green Beans ■ Asian Stir-fry Noodles ■ Dumplings ■ Mulligatawny Soup | <ul style="list-style-type: none"> ■ Roasted Baby Carrots ■ Greek Potato Wedges ■ Sautéed Zucchini ■ Rice Pilaf w/ Orzo ■ Beef & Vegetable Soup | <ul style="list-style-type: none"> ■ Sauteed Broccoli ■ Rice Pilaf ■ Italian Vegetables ■ Garlic Bread |

DINNER

| | | | | | | | |
|-----------------------------|--|---|--|--|--|---|--|
| Entrée | <ul style="list-style-type: none"> ■ Chicken Parmesan (271 kcals, 38 g Pro, 8 g Fat, 12 g CHO) ■ Lasagna (477 kcals, 35 g Pro, 19 g Fat, 43 g CHO) | <ul style="list-style-type: none"> ■ Rosemary Chicken (369 kcals, 27 g Pro, 29 g Fat, 1 g CHO) ■ Baked Ziti (378 kcals, 29 g Pro, 17 g Fat, 28 g CHO) | <ul style="list-style-type: none"> ■ Szechuan Chicken (406 kcals, 27 g Pro, 28 g Fat, 13 g CHO) ■ Honey Garlic Pork Chop (280 kcals, 21 g Pro, 13 g Fat, 19 g CHO) | <ul style="list-style-type: none"> ■ BBQ Chicken (467 kcals, 27 g Pro, 28 g Fat, 28 g CHO) ■ Glazed Meatloaf (324 kcals, 29 g Pro, 14 g Fat, 18 g CHO) | <ul style="list-style-type: none"> ■ Chicken Cutlet (336 kcals, 33 g Pro, 18 g Fat, 8 g CHO) ■ Lemon Baked Cod (155 kcals, 30 g Pro, 3 g Fat, <1 g CHO) | <ul style="list-style-type: none"> ■ Beef & Broccoli (232 kcals, 20 g Pro, 8 g Fat, 21 g CHO) ■ Braised Pork Chop (259 kcals, 21 g Pro, 15 g Fat, 19 g CHO) | <ul style="list-style-type: none"> ■ Honey Glazed Chicken (245 kcals, 34 g Pro, 5 g Fat, 17 g CHO) ■ Swedish Meatballs (393 kcals, 24 g Pro, 28 g Fat, 11 g CHO) |
| Starches & Sides | <ul style="list-style-type: none"> ■ Italian Vegetables ■ Lyonnaise Green Beans ■ Linguine | <ul style="list-style-type: none"> ■ Peas & Carrots ■ Pacific Rim Veg. Blend ■ Garlic Mash Potatoes ■ Garlic Bread | <ul style="list-style-type: none"> ■ Sautéed Green Beans ■ Paprika Potatoes ■ Peas and Carrots ■ Steamed Rice | <ul style="list-style-type: none"> ■ Collard Greens ■ Glazed Carrots ■ Steamed Rice ■ Garlic Mashed Potatoes | <ul style="list-style-type: none"> ■ Brussel Sprouts ■ Roasted Cauliflower ■ Lemon & Herb Orzo ■ Parsley Potatoes | <ul style="list-style-type: none"> ■ Normandy Veg. Blend ■ Garlic Roasted Broccoli ■ Brown Rice ■ Mashed Potatoes | <ul style="list-style-type: none"> ■ Glazed Baby Carrots ■ Asparagus ■ Brown Rice ■ Egg noodles |