



### ***Scrambled BREAKFAST***

Scramble 2 whole eggs and 3 egg whites. Top with 1 oz low-fat cheddar cheese. Serve with 2 slices whole wheat toast and 1 orange (or 6 oz orange juice).

### ***Mid-Week LUNCH***

Baked potato topped with small amount of butter, crumbled turkey bacon, steamed broccoli, and reduced-fat cheddar cheese.

### ***On The Run Snack***

Apple and string cheese

### ***You Cooked It Monday Night DINNER***

Italian sub sandwiches made with the sausage and vegetables cooked Monday night. Serve with oven fries.