

# **BREAKFAST MENU**

## **Shredded Wheat (1)**

Shredded wheat with skim milk and your choice of fruit or juice.

## **Oats for the Heart (2)**

Oatmeal with skim milk and your choice of fruit or juice.

## **Cream of Wheat (3)**

Cream of wheat with a hint of brown sugar and your choice of fruit or juice.

## **Yogurt Sundae (4)**

Low-fat yogurt with berries and topped with granola.

## **Cottage Cheese Delight (5)**

Cantaloupe topped with low-fat cottage cheese and a side of toast.

## **Veggie Omelet (7)**

Omelet with sweet pepper, tomato & cheddar cheese served with a side of toast.

## **The One Minute Stand By (11)**

Whole wheat flakes with skim milk and your choice of fruit or juice.

## **Peanut Power (13)**

An English muffin topped with peanut butter and your choice of fruit or juice.

## **Eggs for the Road (14)**

A poached or scrambled egg on an English muffin topped with cheese and your choice of fruit or juice.

## **Strawberry Blender Breakfast (17)**

Strawberries, yogurt, and instant breakfast mix blended into a breakfast drink.

## **Breakfast Fruit Cup (19)**

Fresh bananas, oranges, and raisins, topped with yogurt and sprinkled with sugar and cinnamon. Served with scrambled eggs.

## **Banana Breakfast Shake (20)**

Nonfat milk, banana, yogurt and vanilla flavoring, blended into a milkshake. Served with an English muffin and a hard-boiled egg.

## **Breakfast Fruit Salad (22)**

A mix of granola, your choice of yogurt, and fresh strawberries, grapes, nectarine, and blueberries.

## **Purple Shake (24)**

Milkshake made from grape juice, banana and low fat milk.

**Egg Lovers Breakfast (25)**

Scrambled eggs served with a peach and toast, with your choice of jam.

**Breakfast Cereal Bar (26)**

Cereal bar served with low fat yogurt and hard-boiled egg.

**Breakfast Fruit Smoothie (28)**

Smoothie made from skim milk, strawberries and bananas. Served with hard-boiled egg.

**Raisin Bran (30)**

Raisin Bran cereal with skim milk and raisins. Served with a hard-boiled egg.

**Cheerios (31)**

Cheerios cereal with skim milk. Served with orange juice and a hard-boiled egg.

**Peanut Butter Bagel (32)**

Whole grain bagel topped with peanut butter and raisins. Served with orange juice and grapes.

**Instant Breakfast (34)**

Instant Breakfast drink, served with orange juice, grapes, and a hard-boiled egg.

**Frosted Mini-Wheats (36)**

Bowl of Frosted Mini-Wheats with skim milk.

**Smoked Salmon Toast (39)**

Pumpernickel bread topped with cream cheese, smoked salmon and vegetables such as tomato, cucumber, and onion combine to make this a delicious breakfast bite.

**Greek Omelet (41)**

This Greek inspired omelet combines egg whites with spinach, tomatoes, and feta cheese.

**Blueberry Blend (43)**

A refreshing blend of blueberries, protein powder, milk and honey.

**Pineapple Strawberry Blend (44)**

A protein smoothie made with fresh strawberries, pineapple and milk.

# MID-MORNING REFRESHER SNACKS

## **Celery & Cream Cheese (1)**

Celery stalks filled with low-fat cream cheese.

## **Veggie Snack (2)**

Peppers, tomato, cucumbers & baby carrots dipped in reduced calorie Ranch dressing.

## **Banana & Peanut Butter (4)**

Banana slices spread with natural creamy peanut butter.

## **Apple & Peanut Butter (5)**

Apple slices dipped in creamy peanut butter.

## **Grapefruit Snack (6)**

Whole or half grapefruit with a side of cottage cheese.

## **Mini-popcorn Cakes with Fruit (7)**

Your choice of flavored mini-popcorn cakes. Served with fruit.

## **Celery w/Peanut Butter & Raisins (8)**

Celery stalks filled with natural peanut butter. Served with a side of raisins.

## **Orange & Raisins (10)**

Orange slices with a serving of seedless raisins.

## **Rice Cakes with Peanut Butter (11)**

Rice cakes spread with natural creamy peanut butter.

## **Mixed Nuts (12)**

A combination of mixed nuts, lightly salted.

## **Peaches & Cottage Cheese (13)**

Peach halves topped with low-fat cottage cheese.

## **Wheat Crackers with Peanut Butter (14)**

Wheat snack crackers topped with natural creamy peanut butter.

## **English Muffin w/ Peanut Butter & Banana (18)**

English muffin spread topped with creamy peanut butter and sliced bananas.

## **Pretzels and Peanut Butter (19)**

Pretzels dipped in peanut butter.

## **Granola Bar and Cheese (20)**

Chocolate chip chewy granola bar. Served with low fat cheese.

**Applesauce with Crackers (22)**

Wheat snack crackers and unsweetened applesauce. Served with string cheese.

**Graham Crackers w/ Cream Cheese & Strawberries (23)**

Crackers spread with cream cheese and slices of strawberries.

**Mango Pineapple Smoothie (26)**

A refreshing protein shake made of milk, mango and pineapple.

**Peachy Power Smoothie (27)**

A protein smoothie made with peaches, yogurt and juice.

**Banana Smoothie (28)**

A protein smoothie made with banana, yogurt and juice.

**Pineapple Strawberry Blend (29)**

A protein smoothie made with pineapples and strawberries.

**Blueberry Blend (30)**

A protein smoothie made with blueberries, honey and milk.

# LUNCH MENU

## **Tuna Salad Sandwich (2)**

Tuna mixed with mayo, mustard & celery on wheat bread. Served with baby carrots.

## **Egg Salad Sandwich (3)**

Egg salad with lettuce & tomatoes on whole wheat bread. Served with baby carrots.

## **Chef Salad (4)**

Romaine lettuce topped with turkey, ham, cheese, egg, tomato & green pepper. Served with peaches & crackers.

## **Biometrics Signature Pasta Salad (5)**

Pasta with broccoli, peppers, & squash tossed with mozzarella & Parmesan cheeses.

## **Mediterranean Salad (6)**

Generous salad portion with feta cheese and sunflower seeds.

## **Mexican Salad (7)**

Romaine lettuce & kidney beans with tomatoes, onions, olives & cheddar cheese. Served with chips & salsa.

## **Vegetable Soup (8)**

Low-sodium vegetable soup with cheese & crackers. Served with fruit.

## **Pita Pizza (9)**

Whole-wheat pita with pasta sauce, green pepper, & mozzarella cheese. Served with fruit.

## **Veggie Burger (10)**

Veggie burger w/lettuce & tomato on an English muffin. Served with fruit & baby carrots.

## **Standard Sandwich (12)**

Lean deli meat on whole wheat bread with lettuce, tomato & side of fruit

## **The VIP (Veggies in a Pita) (13)**

Whole-wheat pita stuffed with lettuce, tomato, sweet peppers & mozzarella cheese. Served with fruit.

## **Hummus Pita (14)**

Whole-wheat pita stuffed with sliced cucumber, tomato & hummus. Served with baby carrots.

## **Turkey Roll-up (15)**

Turkey & veggies rolled up in a flavored tortilla. Served with baby carrots and fruit.

## **Tuna or Salmon Spinach Salad (16)**

Baby spinach with plenty of vegetables topped with tuna or salmon. Served with crackers.

## **Soup With a Wrap (17)**

Whole-wheat flour tortilla with low fat cheese, lean deli meat, lettuce, and tomato topped with Dijon mustard. Served with chicken noodle soup.

**Peanut Butter and Jelly Sandwich (18)**

Two slices of whole wheat bread with creamy peanut butter and your choice of jelly. Served with skim milk.

**Mexican Wrap (21)**

Tortilla filled with chicken, lettuce, cheese, sour cream, and salsa.

**Peanut Butter, Banana & Honey Sandwich (22)**

A peanut butter and banana sandwich drizzled with honey.

**Chicken Noodle Soup- Microwave (25)**

Old fashion chicken soup with hearty vegetables and noodles in a chicken broth.

**Clam Chowder- Microwave (27)**

Rich flavors that taste of clams in a creamy and satisfying chowder.

**Minestrone Soup- Microwave (28)**

This colorful soup brings together all different types of vegetables in a delicious broth.

**Beef and Barley Soup- Microwave (29)**

Tender chunks of beef and slow cooked barley combine to make this soup a real comfort food.

**Chicken and Rice Soup- Microwave (30)**

This is a family favorite with roasted chicken and vegetables mixed with rice in a flavorful broth.

**Turkey Pesto Panini (31)**

Joins the flavors of turkey, roasted red peppers, pesto and melted cheese together in one hot and crusty sandwich.

**Veggie Panini (33)**

Roasted vegetables, pesto, and cheese are put together in this pita until it is warm and the flavors join together.

**Protein Power Lunch (34)**

A protein packed smoothie made with peanut butter, banana, milk and protein powder.

**On the Go (35)**

A protein smoothie made with fresh mango, pineapple, milk and protein powder.

**Rock and Roll Sushi (36)**

Fresh eel with cucumber and avocado rolled into tangy/sweet sushi rice with seaweed.

**Cucumber and Avocado Sushi Roll (37)**

Strips of fresh avocado and cucumber rolled into tangy/sweet sushi rice with seaweed.

**Salmon Avocado Roll (38)**

Fresh salmon alongside strips of avocado rolled into tangy/sweet sushi rice with seaweed.

**California Roll (39)**

Fresh crabmeat alongside cucumber and avocado rolled into tangy/sweet sushi rice with seaweed and sprinkled with sesame seeds.

**Boston Roll (40)**

Poached shrimp with avocado and cucumber rolled into tangy/sweet sushi rice with seaweed.

**Spicy Tuna Roll (41)**

Fresh tuna steak smothered in a combination of reduced fat mayo and chili powder and rolled into tangy/sweet sushi rice with seaweed

**Tuna Roll (42)**

Fresh tuna steak rolled into tangy/sweet sushi rice with seaweed.

## **MID-AFTERNOON PERKS**

### **Yogurt & Snap Peas (1)**

Your choice of non-fat yogurt and snap peas dipped in low-fat Italian salad dressing.

### **Cheese & Grapes (2)**

Cheddar cheese and grapes. Served with juice or fruit.

### **Graham Crackers & Milk (3)**

Graham cracker squares and milk.

### **Pretzel (4)**

Large pretzel.

### **Yogurt & Pretzels (5)**

Non-fat yogurt and tiny twist pretzels.

### **Yogurt (6)**

Non-fat yogurt of your choice.

### **String Cheese & Crackers (7)**

String mozzarella cheese and wheat snack crackers. Served with fruit.

### **Veggies w/ Hummus (10)**

Celery stalks and baby carrots dipped in hummus.

### **Apple & String Cheese (11)**

An apple served with part-skim mozzarella string cheese.

### **Pudding & Fruit (12)**

Fat-free chocolate pudding and grapes.

### **Celery w/ Peanut Butter & Raisins (13)**

Celery spread with creamy peanut butter and topped with raisins.

### **Carrots w/ Peanut Butter (14)**

Baby carrots dipped in creamy peanut butter.

### **Celery w/ Cream Cheese & Cranberries (15)**

Celery sticks filled with light cream cheese and topped with dried cranberries

### **Cream Cheese Wheels (16)**

A whole wheat flour tortilla filled with light cream cheese, spinach leaves, and grated carrots.  
Rolled up and cut into bite size pieces.

### **Nutty Banana Graham Cracker (17)**

Natural creamy peanut butter and sliced banana on top of graham crackers.

**Rice Cakes w/ Lite Spreadable Cheese (19)**

Lightly salted rice cakes topped with a lite spreadable Swiss, garlic herb, or French onion flavored cheese.

**Pineapple Strawberry Blend (20)**

A protein shake made with fresh strawberries, pineapple, and milk.

**Banana Smoothie (21)**

Yogurt and banana blended with protein powder and your choice of juice.

**Blueberry Blend (22)**

A refreshing blend of blueberries, protein powder, milk and honey.

**Trail Mix (23)**

A mix of almonds, raisins, and cereal.

# DINNERS

## **Beef Pepper Steak® (1)**

Tender strips of steak cooked with bell peppers in a bouillon sauce and served over a bed of rice. Side dishes include a dinner salad and bread.

## **Chicken Almondine (2)**

Marinated chicken breast coated in crushed almonds and served with rice pilaf.

## **Shrimp Oriental (3)**

Zesty shrimp sautéed with roasted sesame seeds, crisp vegetables and water chestnuts. Served over a bed of rice with pineapple and cream cheese on the side.

## **Shrimp and Peas Cantonese (4)**

Fresh shrimp and green peas sautéed and served over a bed of rice with pineapple and cream cheese on the side.

## **Snow Pea Chicken (5)**

Seasoned chicken breast baked with mushrooms and fresh snow peas and sprinkled with almonds. Served with brown rice.

## **Teriyaki Beef Kabobs® (6)**

Marinated beef sirloin cubes skewered and grilled with tomatoes, onions, green peppers and pineapple chunks. Served with a dinner salad and crackers.

## **Vegetarian Stir Fry (7)**

Fresh broccoli, snow peas, mushrooms and red peppers stir-fried with water chestnuts and bean sprouts, splashed with soy sauce, and served over a bed of noodles. Served with a side of cottage cheese and pineapple.

## **Blackened Snapper (8)**

Red snapper tossed in a spicy mix of seasonings and blackened Cajun style. Served with a baked potato, dinner salad and crackers.

## **Harbor Bay Scallops (9)**

Oven broiled seasoned scallops splashed with lemon and serve with peas, corn on the cob, a dinner salad, and crackers.

## **Lobster Linguini (10)**

A spicy dish of pasta linguini topped with bite-sized pieces of fresh lobster and simmered with Italian stewed tomatoes. Served with a dinner salad and bread.

## **Oven Fried Scallops (11)**

Scallops dipped in seasoned breadcrumbs and oven fried to a golden crisp. Served with potatoes and broccoli with a glass of skim milk.

**Salmon with Dill Sauce (12)**

Filet of fresh salmon served over seasoned rice and sautéed vegetables and topped with dill sauce. Served with crackers and a dinner salad.

**Shrimp Fettuccini (13)**

Fresh shrimp sautéed with mushrooms and onions in a spicy white wine sauce and served over fettuccine. Served with a dinner salad and crackers.

**Sole San Angelo (14)**

Fresh fillet of sole seasoned with dill weed and baked with a medley of vegetables. Served with a dinner salad and bread.

**Vegetable Steamed Salmon (15)**

Fresh salmon burgers surrounded by spaghetti and carrots, onions, and broccoli. Served with a dinner salad and a whole-wheat roll.

**Beef Bourgiunonne® (16)**

Hearty chunks of broiled sirloin smother with mushrooms, pearl onions, carrots, bouillon and tomato sauce. Served with squash, dinner salad, and bread.

**London Broil® (20)**

Lean round steak smothered in sautéed onions and mushrooms in a bouillon and wine sauce. Served with a baked potato, broccoli, dinner salad, and skim milk.

**Mediterranean Shrimp (21)**

Fresh shrimp sautéed with a seasoned mix of vegetables, apricots, and raisins and served over a bed of pasta. Served with a dinner salad and bread.

**Chicken Cacciatore (22)**

Chicken breast cooked in a seasoned tomato sauce with mushrooms, onions, and green peppers and served over fettuccine. Served with yellow squash.

**Fresh Pasta Spaghetti (25)**

Angel hair spaghetti topped with tomato sauce, sautéed mushrooms and steamed vegetables. Served with a dinner salad and a side dish of cottage cheese.

**Italian Red Snapper (26)**

Fresh fillet of red snapper coated with Italian seasonings and topped with a flavorful tomato sauce. Served with a dinner salad and bread.

**Madeira Chicken (27)**

Chicken breast flavored with a zesty orange and garlic sauce, served over a bed of fettuccine and topped with Parmesan cheese. Served with broccoli and bread.

**Pasta Primavera (28)**

Fettuccine served with a creamy cheese and vegetable sauce and sprinkled with Parmesan cheese.

**Spaghetti Ragu (29)**

Spaghetti cooked with zucchini and onions topped with sauce. Served with a dinner salad.

**Beef Fajitas (33)**

Spicy strips of beef marinated and wrapped in a flour tortilla with tomatoes, lettuce and yogurt. Served with refried beans.

**Chicken Fajitas (35)**

Flavorful strips of chicken cooked with a melody of sautéed vegetables, topped with cheese, yogurt and salsa, and wrapped in a flour tortilla.

**Pecan Breaded Pork Chops® (36)**

Lean pork prepared with Dijon mustard and coated with a mixture of breadcrumbs, garlic and pecans. Served with Spanish rice.

**Red Snapper Santa Fe (37)**

Fresh fillet of red snapper baked with green olives, yellow pepper and tomatoes sprinkled with lemon and Monterey Jack cheese. Served with rice pilaf and bread.

**Southwestern Chicken (39)**

Tender strips of chicken stir-fried with onion, broccoli and green pepper, topped with orange sauce and served over a bed of rice.

**Tequila Grilled Shrimp (40)**

Fresh grilled shrimp marinated and served in a spicy lime Tequila sauce. Served with Spanish rice, refried beans, and a dinner salad.

**Chesapeake Crab Cakes (42)**

Tender baked crab cakes served with broccoli.

**Chicken and Orange Salad (43)**

Tossed salad prepared with lettuce, onions, celery, corn, green peas, bite-sized pieces of chicken and a tangy orange dressing. Served with crackers.

**Chicken Veggie Casserole (44)**

Oven baked casserole prepared with chicken, rice, and steamed vegetables and topped with melted cheddar cheese. Served with a dinner salad.

**Curried Beef with Cilantro® (45)**

Strips of beef flavored with a tangy curry seasoning, sautéed with red bell pepper, tomato, celery and onions and seasoned with cilantro and parsley. Served over macaroni with a side of broccoli.

**Pork with Orange Sauce® (46)**

Lean cooked in a tangy orange sauce, with broccoli and corn on the cob. Served with crackers and a side dish of cream cheese and pears.

**Shrimp Creole (47)**

Fresh shrimp prepared Cajun style with a spicy mixture of stewed tomatoes, garlic, green pepper and sautéed onion. Served with rice and a side of pineapple rings and cream cheese.

**Skillet Beef & Macaroni® (48)**

Seasoned ground beef prepared with sautéed onions, green pepper, celery and tomatoes mixed with macaroni. Served with a dinner salad and steamed yellow squash.

**Turkey Burger (51)**

Turkey burger patty with lettuce, tomato and dill mayonnaise sauce on a whole-wheat bun. Served with a side of green beans and corn on the cob.

**Broccoli with Peanuts (52)**

Stir-fried broccoli, green pepper, bean sprouts and tomatoes with a peanut, honey, and soy sauce. Served over brown rice.

**Gado Gado (53)**

Medley of carrots, cabbage, broccoli, zucchini, bean sprouts, onions, and green pepper combined with tofu on brown rice. Seasoned with a spicy sauce of peanut butter, garlic, soy sauce, molasses, red pepper and lemon juice.

**Grain Pea Soup (54)**

Hearty split pea and barley soup with potato, carrot, split peas, barley and celery. Served with crackers.

**Risotto & Summer Veggies (56)**

Marinated summer and zucchini squash, tomatoes, and mushrooms sautéed in garlic and olive oil. Served on brown rice flavored with Parmesan cheese and vegetable broth.

**Sesame Tofu Stir-Fry (57)**

Bed of healthy greens topped with brown rice and a stir-fry combination of tofu, bean sprouts, cabbage, carrot, yellow pepper, and snow peas. Topped with a spicy ginger and mustard vinaigrette; garnished with wonton wrappers.

**Steamed Fettuccine Primavera (59)**

Fettuccine al dente combined with steamed broccoli, carrots, zucchini, squash, mushrooms and a low-fat white cheese sauce. Served with a whole-wheat roll.

**Tacos (60)**

A whole-wheat flour tortilla filled with ground turkey, tomatoes, lettuce, and shredded cheese.

**Meatloaf® (61)**

Ground beef, cereal, eggs, and barbeque sauce mixed and baked into a classic meatloaf.

**Beef & Mushroom Stew® (65)**

Stew beef with potatoes, mushrooms, onions, carrots, and tomatoes all cooked in a vegetable broth. Cooked to perfection in an electric slow cooker.

**Old Fashioned Vegetable Soup® (66)**

Stew beef, potatoes, navy beans, carrots, onions, celery, green peppers, green beans, and peas cooked in a beef broth. Cooked to perfection in an electric slow cooker.

**Italian Style Beef Stew® (67)**

A hearty stew with cubed beef, zucchini, tomatoes, and other vegetables. Cooked to perfection in an electric slow cooker.

**Pot Roast Italiana® (68)**

Pot roast prepared with onions, tomatoes, and Italian seasonings. Cooked to perfection in an electric slow cooker. Served with a dinner salad.

**Santa Fe Chicken (71)**

A lean chicken breast prepared with navy beans, corn, salsa, and shredded low-fat cheddar cheese. Cooked to perfection in an electric slow cooker.

**Savory Pork Tenderloin® (74)**

A delicious pork tenderloin roast flavored with onion, red wine, and garlic. Cooked to perfection in an electric slow cooker.

**Seasoned Grilled Chicken (77)**

A tender grilled (or broiled) chicken breast seasoned with rosemary and pepper. Served with a baked potato, steamed broccoli and carrots.

**Grilled Pork Chops®(78)**

A grilled (or broiled) pork chop flavored with red wine vinegar, garlic, and pepper. Served with brown rice, steamed zucchini and squash.

**Grilled Salmon (79)**

A grilled (or broiled) salmon seasoned with basil, rosemary, and pepper. Served with brown rice, peas, and carrots.

**Grilled Steak®(80)**

A savory grilled (or broiled) steak seasoned with rosemary, thyme, and pepper. Served with a baked potato and spinach.

**Grilled Hamburger® (81)**

A grilled (or broiled) hamburger on a whole-wheat bun with lettuce, slices of tomato, and ketchup. Served with oven baked French fries and a side salad.

**Protein Salad (82)**

A large Romaine salad served up with sliced cucumber, cherry tomatoes, shaved carrots, red bell pepper, and a serving of meat (tuna, grilled chicken, or deli turkey). Topped with olive oil and balsamic vinegar.

**Grilled Tuna Steak with Salsa (83)**

A grilled tuna steak flavored with garlic powder and salsa. Served with lightly seasoned zucchini.

**Coconut Rice with Shrimp (84)**

Fresh shrimp on a bed of coconut rice.

**Baked Tilapia with Mango Salsa (85)**

Baked tilapia topped with a mixture of fresh mango, diced pineapple, and salsa. Served with a side of Spanish rice.

**Garlic Lime Chicken (86)**

Skinless chicken breast marinated in a garlic lime marinade and grilled to perfection. Served with a side of steamed rice.

# **EVENING SWEET**

## **Frozen Yogurt (1)**

Frozen low-fat yogurt.

## **Frozen Yogurt w/Blueberries (3)**

Frozen low-fat yogurt with blueberries.

## **Fudge Bar or Yogurt (4)**

Fudge bar or yogurt.

## **Kiwi, Strawberries, & Blueberries (5)**

A mix of kiwi, strawberries, and blueberries.

## **Pita & Hummus (6)**

Whole wheat pita served with hummus and fruit.

## **Pudding & Peaches (7)**

Your choice of pudding served with peaches.

## **Hot Chocolate & Vanilla Wafers (8)**

Milk chocolate hot cocoa served with vanilla wafers.

## **Banana Pops (9)**

Banana spread with peanut butter and topped with rice crispies.

## **Baked Cinnamon Apples (10)**

An apple baked with cinnamon and brown sugar.

## **Graham Cracker Delight (11)**

Graham crackers served with whipped cream and strawberry slices.

## **Berry Mix (12)**

Strawberries, blueberries, and raspberries served with whipped cream.