

## Daily Options

1/2 pint water

1/2 liter water

Baby carrots w/ low fat buttermilk ranch dressing or hummus

Polly-O string cheese

6 oz. organic Wild Berry yogurt drink

Gogurt Simple (no high fructose corn syrup)

5.5 oz. mixed fruit salad

## Monday's – Michael's Bagels

Turkey Sandwich

Egg Salad Sandwich

Tuna Salad Wrap

Turkey/Provolone Panini

Chicken Caesar Wrap

Bagel w/ Butter

Bagel w/ Cream Cheese

Whole Wheat Bagel w/ Butter

Whole Wheat Bagel w/ Lite Cream Cheese

Chicken Noodle Soup

Garden Salad w/ Chicken (12 oz)