

## BREAKFAST

<b>1</b> Chocolate Blueberry Protein Muffin	<b>CAL</b> 190	<b>F</b> 1	<b>P</b> 22	<b>C</b> 24
<b>1</b> Chocolate Raspberry Protein Muffin	<b>CAL</b> 180	<b>F</b> 1	<b>P</b> 20	<b>C</b> 22
<b>1</b> Cranberry Orange Pecan Protein Muffin	<b>CAL</b> 220	<b>F</b> 6	<b>P</b> 21	<b>C</b> 21
<b>1</b> Mixed Berry Pancakes	<b>CAL</b> 350	<b>F</b> 9	<b>P</b> 26	<b>C</b> 42
<b>1</b> Cinnamon Pecan Protein Porridge	<b>CAL</b> 220	<b>F</b> 6	<b>P</b> 15	<b>C</b> 26
<b>1</b> Maple Blueberry Protein Porridge	<b>CAL</b> 180	<b>F</b> 0.5	<b>P</b> 15	<b>C</b> 21
<b>3</b> Salmon Frittata	<b>CAL</b> 190	<b>F</b> 6	<b>P</b> 29	<b>C</b> 6
<b>3</b> Mediterranean Frittata	<b>CAL</b> 250	<b>F</b> 8	<b>P</b> 35	<b>C</b> 8
<b>4</b> Strawberry Banana Pancakes	<b>CAL</b> 380	<b>F</b> 10	<b>P</b> 26	<b>C</b> 50
<b>7</b> Breakfast Sandwich	<b>CAL</b> 290	<b>F</b> 9	<b>P</b> 25	<b>C</b> 31
<b>7</b> Southwest Frittata	<b>CAL</b> 220	<b>F</b> 6	<b>P</b> 29	<b>C</b> 11

## SALADS

<b>2</b> Asian Chicken	<b>CAL</b> 350	<b>F</b> 12	<b>P</b> 32	<b>C</b> 32
<b>3</b> Chicken Caesar	<b>CAL</b> 400	<b>F</b> 11	<b>P</b> 59	<b>C</b> 12
<b>3</b> Greek Chicken	<b>CAL</b> 330	<b>F</b> 11	<b>P</b> 41	<b>C</b> 15
<b>4</b> Citrus Salmon	<b>CAL</b> 310	<b>F</b> 9	<b>P</b> 27	<b>C</b> 31
<b>6</b> High Protein Tofu and Spinach	<b>CAL</b> 440	<b>F</b> 14	<b>P</b> 46	<b>C</b> 42
<b>6</b> Chop Chop	<b>CAL</b> 350	<b>F</b> 8	<b>P</b> 46	<b>C</b> 24
<b>6</b> Southwest Chicken Salad	<b>CAL</b> 540	<b>F</b> 18	<b>P</b> 49	<b>C</b> 47
<b>7</b> Quinoa Salad w/Goji Berry Vinaigrette	<b>CAL</b> 220	<b>F</b> 6	<b>P</b> 11	<b>C</b> 34

## SANDWICHES

<b>7</b> Chicken Pesto	<b>CAL</b> 560	<b>F</b> 18	<b>P</b> 48	<b>C</b> 52
<b>7</b> Tarragon Chicken Salad	<b>CAL</b> 460	<b>F</b> 15	<b>P</b> 32	<b>C</b> 50
<b>7</b> Mediterranean Chicken Wrap	<b>CAL</b> 370	<b>F</b> 10	<b>P</b> 48	<b>C</b> 29
<b>7</b> Chipotle Chicken Wrap	<b>CAL</b> 330	<b>F</b> 10	<b>P</b> 34	<b>C</b> 31

## ENTRÉES

<b>2</b> Chicken Vegetable Sauté	<b>CAL</b> 240	<b>F</b> 6	<b>P</b> 29	<b>C</b> 20
<b>2</b> Tofu Vegetable Stir Fry	<b>CAL</b> 280	<b>F</b> 9	<b>P</b> 29	<b>C</b> 27
<b>2</b> Grilled Halibut with Tomato Herb Sauce	<b>CAL</b> 370	<b>F</b> 8	<b>P</b> 54	<b>C</b> 20
<b>3</b> Chicken Cabbage Enchiladas	<b>CAL</b> 270	<b>F</b> 8	<b>P</b> 28	<b>C</b> 19
<b>7</b> Turkey Meatloaf with Tomato Herb Sauce	<b>CAL</b> 280	<b>F</b> 6	<b>P</b> 36	<b>C</b> 28
<b>7</b> Coconut Chicken Curry	<b>CAL</b> 480	<b>F</b> 14	<b>P</b> 41	<b>C</b> 47
<b>7</b> Curried Tofu with Spinach and Chickpeas	<b>CAL</b> 410	<b>F</b> 14	<b>P</b> 27	<b>C</b> 50
<b>7</b> Peanut Chicken Pasta	<b>CAL</b> 630	<b>F</b> 14	<b>P</b> 55	<b>C</b> 72
<b>7</b> Wild King Salmon with Mango Salsa	<b>CAL</b> 400	<b>F</b> 12	<b>P</b> 39	<b>C</b> 35

20/20 LifeStages Stages: **1** - protein **2** - vegetables **3** - cheese **4** - fruit **5** - milk & yogurt **6** - legumes **7** - whole grains **7** - when served with brown rice or pasta

**CAL** calories **F** fat **P** protein **C** carbohydrates

## SIDES

<b>1</b> Wild King Salmon (5 oz)	<b>CAL</b> 240	<b>F</b> 11	<b>P</b> 34	<b>C</b> 0
<b>1</b> Grilled Chicken Breast (6 oz)	<b>CAL</b> 280	<b>F</b> 6	<b>P</b> 53	<b>C</b> 1
<b>1</b> High Protein Tofu with Hosin Sauce	<b>CAL</b> 250	<b>F</b> 8	<b>P</b> 29	<b>C</b> 23
<b>1</b> Hard Boiled Eggs (2)	<b>CAL</b> 140	<b>F</b> 9	<b>P</b> 12	<b>C</b> 0
<b>1</b> Ready to Drink Shake (chocolate & vanilla)	<b>CAL</b> 140	<b>F</b> 6	<b>P</b> 20	<b>C</b> 5
<b>1</b> 20/20 Nutrition Bar (assorted flavors)	<b>CAL</b> 220	<b>F</b> 7	<b>P</b> 15	<b>C</b> 28
<b>1</b> Ahi Jerky	<b>CAL</b> 80	<b>F</b> 0	<b>P</b> 14	<b>C</b> 5
<b>1</b> Soy Nuts	<b>CAL</b> 130	<b>F</b> 6	<b>P</b> 11	<b>C</b> 11
<b>1</b> Almonds	<b>CAL</b> 160	<b>F</b> 14	<b>P</b> 6	<b>C</b> 5
<b>1</b> Peanuts	<b>CAL</b> 290	<b>F</b> 25	<b>P</b> 13	<b>C</b> 8
<b>1</b> Peanut Butter (1 tbsp)	<b>CAL</b> 100	<b>F</b> 8	<b>P</b> 3.5	<b>C</b> 3.5
<b>2</b> Tarragon Chicken Salad (5 oz)	<b>CAL</b> 210	<b>F</b> 9	<b>P</b> 23	<b>C</b> 9
<b>2</b> Tuna Salad (5 oz)	<b>CAL</b> 170	<b>F</b> 5	<b>P</b> 25	<b>C</b> 5
<b>2</b> Carrots and Celery with Cilantro Lime Dip	<b>CAL</b> 110	<b>F</b> 2.5	<b>P</b> 3	<b>C</b> 21
<b>3</b> String Cheese	<b>CAL</b> 80	<b>F</b> 6	<b>P</b> 6	<b>C</b> 1
<b>3</b> Cottage Cheese	<b>CAL</b> 100	<b>F</b> 2.5	<b>P</b> 14	<b>C</b> 5
<b>3</b> Baby Bell Cheese	<b>CAL</b> 50	<b>F</b> 3	<b>P</b> 6	<b>C</b> 0
<b>3</b> Laughing Cow	<b>CAL</b> 35	<b>F</b> 2	<b>P</b> 2	<b>C</b> 1
<b>3</b> Fage Yogurt	<b>CAL</b> 80	<b>F</b> 0	<b>P</b> 13	<b>C</b> 6
<b>4</b> Sliced Apples	<b>CAL</b> 35	<b>F</b> 0	<b>P</b> 0	<b>C</b> 9
<b>4</b> Fresh Fruit	<b>CAL</b> 120	<b>F</b> 0	<b>P</b> 2	<b>C</b> 31
<b>5</b> Cascade Yogurt (assorted flavors)	<b>CAL</b> 110	<b>F</b> 0	<b>P</b> 7	<b>C</b> 20
<b>5</b> Yogurt Parfait	<b>CAL</b> 250	<b>F</b> 0	<b>P</b> 10	<b>C</b> 53
<b>6</b> Roasted Red Pepper Hummus	<b>CAL</b> 260	<b>F</b> 5	<b>P</b> 12	<b>C</b> 40
<b>7</b> Calico Rice (4 oz)	<b>CAL</b> 100	<b>F</b> 0.5	<b>P</b> 3	<b>C</b> 21
<b>7</b> Soy Crisps (assorted flavors)	<b>CAL</b> 120	<b>F</b> 3	<b>P</b> 7	<b>C</b> 17
<b>7</b> Ak Mak Sesame Crackers	<b>CAL</b> 115	<b>F</b> 2	<b>P</b> 5	<b>C</b> 20

## BISTRO ENTRÉES (Available for take-out)

<b>2</b> Jumbo Prawn Cocktail	<b>CAL</b> 180	<b>F</b> 2	<b>P</b> 25	<b>C</b> 12
<b>5</b> Pistachio Chicken Salad	<b>CAL</b> 430	<b>F</b> 12	<b>P</b> 44	<b>C</b> 38
<b>2</b> <b>7</b> Thai Chicken Stir Fry	<b>CAL</b> 570	<b>F</b> 18	<b>P</b> 40	<b>C</b> 65
<b>2</b> <b>7</b> Chicken Penne Pomodoro	<b>CAL</b> 650	<b>F</b> 11	<b>P</b> 44	<b>C</b> 90
<b>7</b> Turkey Meatloaf	<b>CAL</b> 380	<b>F</b> 6	<b>P</b> 39	<b>C</b> 49
<b>7</b> Blackened Fish Tacos	<b>CAL</b> 380	<b>F</b> 12	<b>P</b> 36	<b>C</b> 49
<b>7</b> Dungeness Crab Linguine	<b>CAL</b> 610	<b>F</b> 11	<b>P</b> 36	<b>C</b> 81
<b>7</b> Prawn And Asparagus Linguine	<b>CAL</b> 620	<b>F</b> 13	<b>P</b> 43	<b>C</b> 87
<b>7</b> Chicken Pesto Burger	<b>CAL</b> 650	<b>F</b> 20	<b>P</b> 65	<b>C</b> 52
<b>7</b> Mozzarella Pizza	<b>CAL</b> 450	<b>F</b> 13	<b>P</b> 24	<b>C</b> 60
<b>7</b> Chicken Vegetable Pizza	<b>CAL</b> 490	<b>F</b> 11	<b>P</b> 37	<b>C</b> 63
<b>7</b> Chicken Feta Pizza	<b>CAL</b> 500	<b>F</b> 13	<b>P</b> 34	<b>C</b> 59
<b>7</b> Grilled Vegetable Panini	<b>CAL</b> 370	<b>F</b> 12	<b>P</b> 19	<b>C</b> 46
<b>2</b> <b>4</b> <b>7</b> Wild King Salmon				Stage & nutrition information vary
<b>1</b> <b>2</b> <b>7</b> Fish Special				Stage & nutrition information vary