

BREAKFAST

1 Chocolate Blueberry Protein Muffin	CAL 190	F 1	P 22	C 24
1 Chocolate Raspberry Protein Muffin	CAL 180	F 1	P 20	C 22
1 Cranberry Orange Pecan Protein Muffin	CAL 220	F 6	P 21	C 21
1 Mixed Berry Pancakes	CAL 350	F 9	P 26	C 42
2 Salmon Frittata	CAL 210	F 7	P 30	C 6
3 Mediterranean Frittata	CAL 250	F 8	P 35	C 8
7 20/20 Breakfast Sandwich	CAL 330	F 9	P 30	C 34
7 Southwest Frittata	CAL 220	F 6	P 29	C 11

SALADS

2 Asian Chicken	CAL 350	F 11	P 40	C 24
3 Chicken Caesar	CAL 390	F 11	P 59	C 11
3 Greek Chicken	CAL 330	F 11	P 41	C 15
6 Chop Chop	CAL 330	F 8	P 46	C 21
6 Southwest Chicken Salad	CAL 540	F 18	P 49	C 47

SANDWICHES

1 Turkey Cranberry Biscuit	CAL 330	F 8	P 37	C 17
2 Turkey BLT Biscuit	CAL 340	F 10	P 39	C 13
7 Chicken Pesto Burger	CAL 510	F 12	P 47	C 52
7 Tarragon Chicken Salad	CAL 400	F 9	P 31	C 48
7 Mediterranean Chicken Wrap	CAL 370	F 10	P 48	C 29
7 Chipotle Chicken Wrap	CAL 330	F 10	P 34	C 31
7 Chipotle Chicken Club	CAL 570	F 16	P 53	C 48
7 Turkey Bacon Guacamole Sandwich	CAL 560	F 18	P 42	C 57
7 Italian Club Sandwich	CAL 550	F 16	P 56	C 42

ENTRÉES

2 Chicken & Veggies with Peanut Sauce	CAL 390	F 13	P 45	C 24
2 Tofu Veggies and Curry Sauce	CAL 300	F 10	P 29	C 32
2 Grilled Halibut with Tomato Herb Sauce	CAL 370	F 8	P 54	C 20
3 Chicken Cabbage Enchiladas	CAL 270	F 8	P 28	C 19
7 Turkey Meatloaf with Tomato Herb Sauce	CAL 280	F 6	P 36	C 28
7 Coconut Chicken Curry	CAL 480	F 14	P 47	C 41
7 Curried Tofu with Spinach and Chickpeas	CAL 410	F 14	P 27	C 50

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

1 Wild King Salmon (5 oz)	CAL 300	F 18	P 34	C 0
1 Salmon Teriyaki (5 oz)	CAL 370	F 21	P 40	C 3
1 Grilled Chicken Breast (6 oz)	CAL 280	F 6	P 53	C 1
1 Southwest Chicken	CAL 340	F 11	P 54	C 4
1 High Protein Tofu with Hosin Sauce	CAL 250	F 8	P 29	C 23
1 Hard Boiled Eggs (2)	CAL 140	F 9	P 12	C 0
1 Ready to Drink Shake (chocolate & vanilla)	CAL 140	F 6	P 20	C 5
1 20/20 Nutrition Bar (assorted flavors)	CAL 220	F 7	P 15	C 28
1 Ahi Jerky	CAL 80	F 0	P 14	C 5
1 Soy Nuts	CAL 130	F 6	P 11	C 11
1 Almonds	CAL 160	F 14	P 6	C 5
1 Peanuts	CAL 290	F 25	P 13	C 8
1 Peanut Butter (1 tbsp)	CAL 100	F 8	P 3.5	C 3.5
2 Tarragon Chicken Salad (5 oz)	CAL 210	F 9	P 23	C 9
2 Tuna Salad (5 oz)	CAL 170	F 5	P 25	C 5
2 Veggie Tray with Roasted Jalapeño Ranch Dip	CAL 130	F 4	P 7	C 19
4 Sliced Apples	CAL 35	F 0	P 0	C 9
4 Fresh Fruit	CAL 120	F 0	P 2	C 31
5 Cascade Yogurt (assorted flavors)	CAL 110	F 0	P 7	C 20
5 Chobani Greek Yogurt	CAL 140	F 0	P 14	C 20
5 Yogurt Parfait	CAL 250	F 0	P 10	C 53
7 Fruit & Cheese Platter	CAL 370	F 12	P 21	C 48
7 Spring Rice (4 oz available upon request)	CAL 100	F 0.5	P 3	C 21
7 Soy Crisps (assorted flavors)	CAL 120	F 3	P 7	C 17

More 20/20 LifeStages approved sides in retail packaging are available in the Bistro.

BISTRO ENTRÉES (Available for take-out)

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