



Right Weigh Foods

Return Registration Form to Café Mosaic no later than the Wednesday prior to the menu week. Payment is due at the time of registration.

Monday	April 2
Breakfast: Toasted Whole Grain Breakfast Bagel Sandwich with Ham. Served with Skim Milk Snack #1: Fresh Fruit Lunch: Black and Bleu Roast Beef Sandwich with Steamed Vegetables Snack #2: Pretzels Alternatives:	
Tuesday	April 3
Breakfast: Spinach and Feta Omelet with Turkey Bacon and a Mixed Fruit Cup Snack #1: Cheddar Cheese Rice Snacks Lunch: ½ Turkey Sandwich with Minestrone Soup and Baked Chips Snack #2: Fresh Vegetables with Dip Alternatives:	
Wednesday	April 4
Breakfast: Breakfast Quesadilla with Scrambled Egg, Light Cheddar, Spinach, and Pico de Gallo Snack #1: Sugar Free Chocolate Pudding Lunch: Chef Salad with Turkey, Hard Boiled Egg, and Light Ranch. Served with Whole Wheat Crackers & Fruit Snack #2: Cheese and Wheat Crackers Alternatives:	
Thursday	April 5
Breakfast: Apple and Granola Breakfast Crisp Snack #1: Kashi Bar Lunch: Ham and Pineapple Quesadilla with Steamed Vegetables Snack #2: Chocolate Covered Soy Nuts Alternatives:	
Friday	April 6
Breakfast: Banana Raisin Muffins and Yogurt Snack #1: Crunchy Granola Bar Lunch: Grilled Chicken and Pesto Sandwich with Steamed Vegetables Snack #2: Mixed Fruit Cup Alternatives:	

NAME:

DAY TIME PHONE:

E-MAIL:

ALTERNATIVE FOOD OPTIONS

Breakfast

1. Toasted Whole Grain Bagel Breakfast Sandwich with Ham
2. 1/2 Southwest Breakfast Wrap with Mixed Fruit
3. Yogurt with Granola and Fresh Berries

Lunch

1. 1/2 Turkey Asparagus and Side Salad with Light Ranch
2. Mosaic Salad with Fat Free Raspberry Vinaigrette
3. 1/2 Spanish Wrap(Light), Steamed Vegetables, Baked Lays

Snack

1. Chocolate Covered Soy Nuts
2. Pretzels
3. Fresh Fruit Cup
4. Kashi Bar

OFFICE USE ONLY

Payment Date:

Method Of Payment:

Initials:

We want to hear from you: (what are your favorite menu items, what would you like to see on the menu, suggestions and feedback)
