

CANTEEN 13



SALAD BAR:

Counts as Free:

Steamed vegetables
Sliced red onion
Cucumbers
Hot pepper rings
Portobello mushrooms
Tomatoes
Carrots
Peppers
Israeli pickles
Hearts of palm
Israeli salad
Radishes
Sauerkraut
Arugula
Celery
Kale
Scallions

Count as: Fat
Avocado

Slivered Almonds
Green olives

Counts as: Fruit:

Craisins

Count as: Protein:

Light feta cheese
Chickpeas

Omelettes:

(All Served with salad, made with cooking spray.)

Egg white omelette (4 egg whites)

Onion and mushroom (1 Egg and 2 whites, onions and mushrooms)

Pepper and onion (1 Egg and 2 whites, peppers and onions)

Breakfast specials:

2 slices of whole wheat bread
OR
Whole wheat Melba toast

PLUS:

Sunny side up

OR

Scrambled eggs

Sandwiches: (Count as: Breakfast or Lunch)

2 slices of whole wheat bread

PLUS: (*Choose one Protein*):

1 scoop of Light Tuna

Hard boiled egg

Scrambled eggs and cheese (3 egg whites +1 oz. of reduced fat cheese)

Grilled cheese (2 oz. reduced fat cheese)

Sliced lox (4 slices)

Peanut butter (1 TBSP.)

Counts as Protein:

- Plain Greek yogurt 8 oz.
- A&B Gefilte Fish Carb Free with Splenda
- Tuna Melt (1 scoop light tuna)

Counts as Starch:

Pas Yisroel Wrap
Omega Power Bread
Beets

Counts as a Snack:

Kale Chips
Carrot Sticks
Beet Chips