Watch for Wellness and You!
Menu Solutions...

...good food that tastes great is your reason for eating healthy!

Wellness entrees and salad recipes were developed by our regional and national chefs and dietitians.

Better By Design has healthier cuisine...

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### Fall 2008

**Breakfast Week of Monday November 17**

**Monday**
- Egg & Cheese French Toast
- Oatmeal
- Scrambled Eggs
- Buttermilk Pancakes
- Turkey Sausage Links
- French Fried Tater Tots

**Tuesday**
- Oatmeal
- Scrambled Eggs
- Huevos Rancheros Pizza Pocket

**Wednesday**
- Egg & Cheese Bagel w/Bacon
- Oatmeal
- Scrambled Eggs
- Blueberry Pancakes
- Bacon

**Thursday**
- Egg & Cheese Biscuit w/Ham
- Oatmeal
- Scrambled Eggs
- Sourdough French Toast
- Sausage Patties
- Tri-Tater Patties

**Friday**
- Breakfast Quesadilla
- Sausage Links
- Oatmeal
- Scrambled Eggs
- Banana Nut Bread French Toast

**Saturday**
- Creamy Tomato Basil Soup
- Sausage Links
- Turkey Broccoli Mornay
- Orecchiette/Broccoli & Pine Nuts
- Omelet Bar
- Oatmeal

**Sunday**
- Wisconsin Cheddar Cheese Soup
- Peanut Butter & Jelly French Toast
- Sausage Links
- Roasted Beef Top Round
- Veggie Cacciatore
- Omelet Bar