**Healthy Bite Breakfast**

1. **Skinny Bagels**
   Honey grain bagel with light plain cream cheese
   $2.39/per person

   Nutrition Information: (g = grams)
   Calories 304, Fat 8.4g, Sodium 433mg,
   Carbohydrate 44, Protein 13g, Fiber 3.5g

2. **Yogurt Fruit & Bagels**
   Low fat yogurt and fruit with a skinny bagel with light cream cheese
   $4.18/per person

   Nutrition Information:
   Calories 530, Fat 16.2g, Sodium 543mg,
   Carbohydrate 73g, Protein 23g, Fiber 4.5g

3. **Smoked Salmon & Bagel Box**
   Savory bagels, smoked salmon with cream cheese, lettuce, tomato, red onions, capers and lemon wedges. (Serves 10-12)
   $6.67/ per person

   Nutrition Information:
   Calories 560, Fat 16.9g, Sodium 1520mg,
   Carbohydrate 70g, Protein 32g, Fiber 5g

**Healthy Bite Lunch**

1. **Soup & Salad**
   Chicken spatzle soup and garden side salad with field greens, cucumbers, red onions, croutons, and balsamic vinaigrette (serves 8)
   $5.87/ per person

   Nutrition Information:
   Calories 220, Fat 9.3g, Sodium 1290mg,
   Carbohydrate 24g, Protein 10g, Fiber 3g

2. **Sandwich Boxed Lunch**
   Garden Veggie Sandwich on honey wheat bread with baked chips. Be sure to ask to swap the cookie for a fresh fruit cup
   $9.50/per person

   Nutrition Information:
   Calories 360, Fat 4.4g, Sodium 540mg,
   Carbohydrate 67g, Protein 13g, Fiber 4g

3. **The Salad Boxed Lunch**
   Chicken Caesar side salad with a fresh fruit cup and honey grain bagel
   $9.50/ per person

   Nutrition Information:
   Calories 500, Fat 11.6g, Sodium 1100mg,
   Carbohydrate 71g, Protein 28g, Fiber 5g

**Contact:**
Shawn Scruggs
Jennifer Booker
615-327-0055

**Pick-up & Delivery at:**
422 21st Street
Healthy Bite Lunch

1. **Veggie Sandwich**
   100% whole pita with lettuce, tomato, cucumbers, sprouts, onions, a side of coleslaw and fresh fruit
   
   $5.95/person

   Nutritional Information: (g = grams)
   Calories 244, Fat 8.4g, Sodium 351mg, Carbohydrate 33g, Protein 9g, Fiber 4g

2. **Chicken Salad Sandwich**
   100% whole-wheat pita with light tropical chicken salad and a side of coleslaw and fresh fruit
   
   $6.75/person

   Nutritional Information:
   Calories 367, Fat 7g, Sodium 618mg, Carbohydrate 52g, Protein 24g, Fiber 10g

3. **Lucayan Salad**
   Leaf lettuce with marinade chicken breast, mandarin oranges, toasted almonds & vinaigrette dressing and a side of St. Lucian Rice (white and wild rice blend)

   $6.15/person

   Nutritional Information:
   Calories 482, Fat 15.8g, Sodium 200mg, Carbohydrate 46g, Protein 39g, Fiber 3g
**Healthy Bite Breakfast**

1. **Yogurt, Fruit & Crunch Parfait**
   - Creamy low-fat vanilla yogurt, strawberries, bananas, grapes, and organic apples with granola.
   - $2.79/person

   **Nutritional Information:** (g = grams)
   - Calories 240, Fat 2.2g, Sodium 135mg,
   - Carbohydrate 45, Protein 10g, Fiber 2g

2. **Breakfast Wrap Box**
   - Southwest wrap with ham and veggie scramble with pico de gallo on an organic wheat wrap.
   - $4.99/person

   **Nutritional Information:**
   - Calories 550, Fat 23.3g, Sodium 1250mg,
   - Carbohydrate 54g, Protein 31g, Fiber 2g

**Healthy Bite Lunch**

1. **Turkey Wrap Box**
   - Fat free oven-roasted turkey with guacamole, roma tomatoes, field greens on an organic wheat wrap with fresh fruit.
   - $7.59/person

   **Nutritional Information:**
   - Calories 470, Fat 11.7g, Sodium 1140mg,
   - Carbohydrate 70g, Protein 21g, Fiber 13g

2. **Spinach Veggie Wrap Box**
   - Organic wheat wrap with spinach, guacamole and pico, mushrooms and asiago cheese with salsa and a side of fresh fruit.
   - $7.59/person

   **Nutritional Information:**
   - Calories 350, Fat 7.3g, Sodium 450mg,
   - Carbohydrate 62g, Protein 9g, Fiber 9g

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**Contact:** 615-340-9991

**Pick-up & Delivery at:** 2028 West End Ave.

**Healthy Bite**

**Breakfast**

**Lunch**

**Yogurt, Fruit & Crunch Parfait**

Creamy low-fat vanilla yogurt, strawberries, bananas, grapes, and organic apples with granola.

$2.79/person

**Nutritional Information:** (g = grams)

- Calories 240, Fat 2.2g, Sodium 135mg,
- Carbohydrate 45, Protein 10g, Fiber 2g

**Turkey Wrap Box**

Fat free oven-roasted turkey with guacamole, roma tomatoes, field greens on an organic wheat wrap with fresh fruit.

$7.59/person

**Nutritional Information:**

- Calories 470, Fat 11.7g, Sodium 1140mg,
- Carbohydrate 70g, Protein 21g, Fiber 13g

**Spinach Veggie Wrap Box**

Organic wheat wrap with spinach, guacamole and pico, mushrooms and asiago cheese with salsa and a side of fresh fruit.

$7.59/person

**Nutritional Information:**

- Calories 350, Fat 7.3g, Sodium 450mg,
- Carbohydrate 62g, Protein 9g, Fiber 9g

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**Jason’s Deli**

**Contact:** 615-340-9991

**Pick-up & Delivery at:** 2028 West End Ave.
Healthy Bite Lunch

#6 Vegetarian
Provolone cheese, avocado spread, cucumbers, sprouts, lettuce, tomato on 7-grain wheat bread and Jimmy John’s thinny chips

$8.75/person

Nutritional Information: (g = grams)
Calories 588, Fat 17.8g, Sodium 960mg, Carbohydrate 83g, Protein 24g, Fiber 9g

#4 Turkey Tom
Turkey breast, alfalfa sprouts, lettuce, tomato on 7-grain wheat bread with Jimmy John’s thinny chips

$8.75/person

Nutritional Information:
Calories 520, Fat 12.9g, Sodium 1120mg, Carbohydrate 72g, Protein 29g, Fiber 8g

Hunter’s Club Unwrapped
Roast beef, provolone cheese with lettuce, tomato, on a lettuce wrap and Jimmy John’s thinny chips

$8.75/person

Nutritional Information:
Calories 407, Fat 17.2g, Sodium 1120mg, Carbohydrate 23g, Protein 40g, Fiber 4g
Healthy Bite Lunch

1. The Mediterranean Salad
   Romaine, mixed greens, tomato, cucumbers, red onion, olives, cavatappi pasta, spicy yogurt and feta (serves 4-6)
   $4.50/person
   Nutritional Information: (g = grams)
   Calories 320, Fat 12g, Sodium 1000mg, Carbohydrate 44g, Protein 9g, Fiber 4g

2. Chicken Noodle Soup
   Signature soup with chicken breast, celery, carrots, onions, & wavy egg noodles
   $4.50/person
   Nutritional Information:
   Calories 360, Fat 10.2g, Sodium 1200mg, Carbohydrate 44g, Protein 23g, Fiber 2g

3. Penne Rose
   Spicy tomato cream sauce, penne pasta, mushrooms, tomato, spinach, wine, and parmesan or feta
   $4.50/person
   Nutritional Information:
   Calories 410, Fat 18g, Sodium 530mg, Carbohydrate 49g, Protein 13g, Fiber 3g
<table>
<thead>
<tr>
<th>Healthy Bite Breakfast</th>
<th>Healthy Bite Lunch</th>
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</thead>
<tbody>
<tr>
<td><strong>Strawberry Granola Parfait</strong>&lt;br&gt;Stonyfield Farm organic vanilla yogurt, maple butter pecan granola &amp; strawberries&lt;br&gt;$2.49/person&lt;br&gt;Nutritional Information: (g = grams)&lt;br&gt;Calories 310, Fat 11.3g, Sodium 100mg, Carbohydrate 43g, Protein 9g, Fiber 3g</td>
<td><strong>Cafe Sandwich Boxed Lunch</strong>&lt;br&gt;Smoked turkey breast with lettuce, tomato, red onions, on country bread and served with an apple&lt;br&gt;$8.99/person&lt;br&gt;Nutritional Information:&lt;br&gt;Calories 500, Fat 2.2g, Sodium 1650mg, Carbohydrate 87g, Protein 33g, Fiber 7g</td>
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<td><strong>Mediterranean Breakfast Sandwich</strong>&lt;br&gt;Egg whites, basil pesto, roasted tomatoes, baby spinach and Vermont white cheddar on ciabatta&lt;br&gt;$4.59/person&lt;br&gt;Nutritional Information:&lt;br&gt;Calories 420, Fat 16.9g, Sodium 840mg, Carbohydrate 47g, Protein 20g, Fiber 3g</td>
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<td><strong>Steel Cut Oatmeal</strong>&lt;br&gt;Organic steel cut oats, cinnamon crunch topping and your choice of garnish&lt;br&gt;$3.99/person&lt;br&gt;Nutritional Information:&lt;br&gt;Calories 320, Fat 12.9g, Sodium 160 mg, Carbohydrate 45g, Protein 6g, Fiber 9g</td>
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Healthy Bite
Breakfast

1. Fruit & Yogurt Parfait
   Greek vanilla yogurt with wild blueberries and a side of homemade honey granola
   $3.99/person

   Nutritional Information: (g = grams)
   Calories 340, Fat 4.4g, Sodium 160mg,
   Carbohydrate 51g, Protein 24g, Fiber 5g

2. Oatmeal For Five
   Homemade oatmeal with ground cinnamon, sliced apples, and dried cranberries
   $4.99/per person

   Nutritional Information:
   Calories 280, Fat 2.7g, Sodium 10 mg,
   Carbohydrate 56g, Protein 8g, Fiber 7g

3. Egg & Cheese Breakfast Sandwich
   Two freshly cracked eggs and cheddar on a honey 9-grain bagel
   $4.00/person

   Nutritional Information:
   Calories 480, Fat 16g, Sodium 670mg,
   Carbohydrate 58g, Protein 26g, Fiber 2g

Healthy Bite
Lunch

Salad For Five
   Southwest chicken salad with romaine, black beans, corn, avocado, cucumbers, tomatoes, wontons & a southwest vinaigrette
   $7.99/person

   Nutritional Information:
   Calories 360, Fat 10.6 g, Sodium 360mg,
   Carbohydrate 42g, Protein 24g, Fiber 12g

Contact: 1-800-765-4227
Pick-up & Delivery at: 2215 Garland Ave

Pick-up & Delivery at:
2215 Garland Ave
Healthy Bite Lunch

1. **Classic Turkey Box Lunch**
   Sliced whole turkey breast with lettuce, tomato, mayo on 7 grain bread and served with a side of seasonal fresh fruit
   
   $7.29/person

   **Nutritional Information:** (g = grams)
   Calories 460, Fat 7.6g, Sodium 1305mg,
   Carbohydrate 64g, Protein 34g, Fiber 10g

2. **Roll-Up Combination Tray For 10**
   Spinach roll-up: Tortilla with mozzarella, fresh mushrooms, feta cheese, sundried tomatoes, scallions, salsa with a side of fresh fruit
   
   $7.49/person

   **Nutritional Information:**
   Calories 500, Fat 13.8g, Sodium 1590 mg,
   Carbohydrate 77g, Protein 17g, Fiber 9g