High Protein Foods on Menu

Use this guide to help you identify which foods contain more protein on the menu. The grams of protein are in parentheses:

**Multiple diet restrictions may limit the foods allowed**

### Breakfast:

**Eggs**
- Scrambled Eggs (9) with Cheese (12)
- Hard Boiled Eggs (6)
- Omelet with Cheese (16)
- Omelet with Ham and Cheese (18)

**Cereals**
- Grits with cheese (4)

**Breakfast Sides**
- Bacon (3)
- Turkey Sausage (5)
- Pork Sausage (6)

### Bakery
- Bagel with Cream Cheese (8)

### Yogurt/Fruit
- Cottage Cheese (13)
- Vanilla (3)
- Fruited Yogurt (3)
- Greek (11)

### Lunch/Dinner:

**Entrees**
- Meatloaf (16)
- Hamburger (18)
- BBQ Chicken (19)
- Glazed Pork Loin (17)
- Roast Turkey Breast (15)
- Crispy Baked Tilapia (19)
- Beef Macaroni (16)
- Hot Dog (12)
- Deli: Egg (12), Tuna (15), or Chicken Salad (14)

**Grilled Vegetable Wrap (6)**
- Grilled Chicken Sandwich (22)
- Grilled Cheese Sandwich (10)
- Veggie Burger (12)
- Pot Roast (26)
- Peanut Butter and Jelly Sandwich (12)
- Pizza- Cheese (15), Pepperoni (21)
- French Dip Au Jus (17)

**Pasta with Meat Sauce (10) with cheese (13)**
- Pasta with Marinara (7) with cheese (10)
- Cheese or Veggie Quesadilla (10)
- Chicken Quesadilla (16)
- Chicken Tenders (19)
- Taco Salad- Beef (13), Chicken (18)
- Tacos: Beef (8), Chicken (11)
- Sandwich Melts: Ham (18), Tuna (21), Turkey (23)

### Drink
- Milk (8)
- Soy Milk (6)

### Soup/Salad
- Chicken Noodle (6)
- Chef Salad (21)
- Cottage Cheese (9) & Fruit Plate
- Chicken Caesar Salad (20)
- Blackened Chicken Salad ( )
- Taco Salad: Beef (13), Chicken (18)

### On the Side
- Mac & Cheese (10)
- Sliced Cheese (5)
- Peanut Butter (7)

### Desserts
- Pudding (2)
- Ice Cream (2)
- Peanut butter cookies (3)