



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)	Grilled Vegetable Wrap (6)	Pasta with Meat Sauce (10) with cheese (13)
Hamburger (18)	Grilled Chicken Sandwich (22)	Pasta with Marinara (7) with cheese (10)
BBQ Chicken (19)	Grilled Cheese Sandwich (10)	Cheese or Veggie Quesadilla (10)
Glazed Pork Loin (17)	Veggie Burger (12)	Chicken Quesadilla (16)
Roast Turkey Breast (15)	Pot Roast (26)	Chicken Tenders (19)
Crispy Baked Tilapia (19)	Peanut Butter and Jelly Sandwich (12)	Taco Salad- Beef (13), Chicken (18)
Beef Macaroni (16)	Pizza- Cheese (15), Pepperoni (21)	Tacos: Beef (8), Chicken (11)
Hot Dog (12)	French Dip Au Jus (17)	Sandwich Melts: Ham (18), Tuna (21), Turkey (23)
Deli: Egg (12), Tuna (15), or Chicken Salad (14)		

On the Side

Mac & Cheese (10)
Sliced Cheese (5)
Peanut Butter (7)

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)



Beverages

Milk (8)
Soy Milk (6)



Desserts

Pudding (2)
Ice Cream (2)
Peanut butter cookies (3)