

Pick Your Own Plate at | JJ's Place

All Day

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Omelet	<ul style="list-style-type: none"> • Toppings: spinach, onions, tomatoes, mushrooms • Side of mixed fruit 	<ul style="list-style-type: none"> • Fresh egg omelet 	<ul style="list-style-type: none"> • Half of whole wheat bagel 	
Grilled Chicken Salad	<ul style="list-style-type: none"> • Tomatoes • Mixed greens • Carrots 	<ul style="list-style-type: none"> • Grilled chicken • For additional protein add boiled egg or hummus 	Pita chips	<ul style="list-style-type: none"> • Olive oil • Balsamic vinegar
BLT	<ul style="list-style-type: none"> • Lettuce • Tomatoes 	Bacon	Whole wheat bread	<ul style="list-style-type: none"> • Sweet chili sauce • Soy sauce • Ginger sesame sauce
Yogurt Parfait	<ul style="list-style-type: none"> • Craisins • Fruit Salad 	Greek yogurt	Granola	