### JJ’s Place

**Pick Your Own Plate at**

**All Day**

<table>
<thead>
<tr>
<th>Type</th>
<th>Fruits &amp; Vegetables</th>
<th>Protein</th>
<th>Grains</th>
<th>Other</th>
</tr>
</thead>
</table>
| Omelet              | • Toppings: spinach, onions, tomatoes, mushrooms  
                     • Side of mixed fruit | • Fresh egg omelet       | • Half of whole wheat bagel |                             |
| Grilled Chicken Salad | • Tomatoes  
                     • Mixed greens  
                     • Carrots | • Grilled chicken  
                     • For additional protein add boiled egg or hummus | Pita chips            | • Olive oil  
                     • Balsamic vinegar |
| BLT                 | • Lettuce  
                     • Tomatoes | Bacon                    | Whole wheat bread       | • Sweet chili sauce  
                     • Soy sauce  
                     • Ginger sesame sauce |
| Yogurt Parfait      | • Craisins  
                     • Fruit Salad | Greek yogurt             | Granola                 |                             |