

|                                       | Monday   | Tuesday                              | Wednesday                         | Thursday                             | Friday                                 | Saturday             | Sunday                                   |
|---------------------------------------|--|--------------------------------------|-----------------------------------|--------------------------------------|--|----------------------|--|
| <b>Geisert Breakfast 8 am - 10 pm</b> |  |                                      |                                   |                                      |  |                      |  |
|                                       | continental breakfast - hot cereal, muffins, donuts, English muffins, toast, fresh fruit, cold cereal, yogurt, cottage cheese, boiled eggs, milk, juice, coffee, tea |                                      |                                   |                                      |  | closed for breakfast | Brunch 11 am - 6 pm                      |
| <b>Geisert Lunch 11 am - 1:30 pm</b>  |  |                                      |                                   |                                      |  |                      |  |
| <b>Balanced U Entrée:</b>             | Whole Wheat Pita w/ White Bean Spread  | Baked Fish w/Cheese Crumb Topping    | Banana Pancakes                   | Thyme & Garlic Roasted Turkey Breast | Fisherman's Grilled Arctic Char        | closed for lunch     | Tomato and Spinach Flatbread             |
| <b>Balanced U Vegan:</b>              | Quinoa Stuffed Tomatoes  | Eggplant with Tomato and Onion       | Spicy Tofu Scumble                | Snow Pea & Tofu Stir Fry             | Grilled Portobello w/Couscous & Greens |                      | Farfalle w/ Carmelized Onions & Broccoli |
| <b>Balanced U Side:</b>               | Sliced Carrots   | Baked Sweet Potato                   | Apple Breakfast Bread             | Steamed Broccoli                     | Sliced Carrots                         |                      | Steamed Snap Peas                        |
| <b>Balanced U Side:</b>               | Roasted Zucchini   | Quinoa                               | Turkey Bacon                      | Brown Rice                           | Garlic Brown Rice                      |                      | Roasted Cauliflower                      |
| <b>Entrée:</b>                        | Hot Wings  | Sloppy Joe                           | Omelet Bar/French Toast Sticks    | Pepperoni Pizza                      | Chicken & Noodles                      |                      | Omelet Bar                               |
| <b>Entrée:</b>                        | Roasted Vegetable Calzone  | Zucchini and Eggplant Stacker        | Garlic & Parmesean Chicken        | Cheese/Veggie Pizza                  | Macaroni & Cheese                      |                      | Italian Skillet Chicken                  |
| <b>Side:</b>                          | Corn, Peppers & Green Beans/ Sautéed Mushrooms   | Steamed Broccoli/Cheese Sauce        | Green Beans/Pacific Blend Veggies | Corn/Roasted Zucchini                | Capri Vegetables/ Steamed Broccoli     |                      | Pancakes/Pork and Turkey Sausage         |
| <b>Side:</b>                          | Brown Rice   | Mojo Potatoes                        | Hashbrowns                        | Breadsticks                          | Thyme Roasted Potatoes                 |                      | Broccoli Normandy/ Garlic Bread          |
| <b>Fried:</b>                         | Tator Tots   | Chicken Tenders                      | Chicken Nuggets                   | Sweet Potato Fries                   | Tator Tots                             |                      | Hash Brown Patty                         |
| <b>Pasta:</b>                         | Angel Hair Pasta & Marinara  | Whole Wheat Bow Tie Pasta & Marinara | Spaghetti & Marinara              | Whole Wheat Penne Pasta & Marinara   | Whole Wheat Rotini Pasta & Marinara    |                      | Whole Wheat Penne Pasta with Pesto       |
|                                       | Boca/Turkey Burger   | Boca/ Chicken Breast                 | Boca/Turkey Burger                | Boca/Baked Chicken Breast            | Boca/Turkey Burger                     |                      | Boca/Turkey Burger                       |
| <b>Soup</b>                           | Minestrone   | Tomato                               | Chicken & Rice                    | Chicken Gumbo                        | Broccoli & Cheddar                     |                      | Potato Cheddar                           |
| <b>Soup</b>                           | Chicken & Dumpling   | Chicken Noodle                       | Vegetarian Chili                  | Corn Chowder                         | Vegetarian Vegetable                   | Minestrone           |  |

|                                      | Monday  | Tuesday                                     | Wednesday  | Thursday  | Friday            | Saturday          | Sunday                               |
|--------------------------------------|---|---|--|---|-------------------|-------------------|--------------------------------------|
| <b>Geisert Dinner 4:30 pm - 7 pm</b> |   |   |  |   |                   |                   |                                      |
| <b>Balanced U Entrée:</b>            | <b>Baked Ziti with Zucchini</b>               | Baja Slider                                 | Cajun Chicken  | <b>Broccoli, Lemon, &amp; Garlic w/ Whole Wheat Penne Pasta</b> | closed for dinner | closed for dinner | Brunch 11 am - 6 pm (see above menu) |
| <b>Balanced U Vegan:</b>             | <b>New Orleans Red Beans &amp; Rice</b>       | <b>Quinoa Medley with Beans &amp; Corn</b>  | <b>Black Beans &amp; Brown Rice w/ Pico de Gallo</b> | <b>Black &amp; Red Bean Chili</b>                               |                   |                   |                                      |
| <b>Balanced U Side:</b>              | Roasted Vegetables                            | Steamed Snap Peas                           | Whipped Sweet Potatoes                               | Roasted Yellow Squash   |                   |                   |                                      |
| <b>Balanced U Side:</b>              | Grilled Asparagus                             | Green Beans w/ Cherry Tomatoes              | Herbed Steamed Brown Rice                            | Brown Rice  |                   |                   |                                      |
| <b>Entrée:</b>                       | Tenderloin                                    | <b>Nacho Bar</b>                            | Pulled Pork with Keys BBQ Sauce                      | Country Fried Steak   |                   |                   |                                      |
| <b>Entrée:</b>                       | Pizza   | Spaghetti Bolognese                         | <b>Eggplant Parmesean</b>                            | Beef Lasagna  |                   |                   |                                      |
| <b>Side:</b>                         | Sliced Carrots                                | Roasted Peppers & Onions                    | Steamed Spinach/Sliced Carrots                       | Green Beans/Pacific Blend Veggies                               |                   |                   |                                      |
| <b>Side:</b>                         | Steamed Snap Peas                             | Breadsticks                                 | Garlic Toast   | Baked Potato  |                   |                   |                                      |
| <b>Fried</b>                         | Spicy Waffles Fries                           | Smiley Fries                                | French Fries   | Shrimp  |                   |                   |                                      |
|                                      | <b>Boca/Turkey Burger</b>                     | <b>Boca Burger/Baked Fish</b>               | Hamburger/ <b>Boca Burger</b> /Grilled Chicken       | <b>Boca/Turkey Burger</b>                                       |                   |                   |                                      |
| <b>Pasta:</b>                        | <b>Whole Wheat Rotini Pasta with Marinara</b> | <b>Whole Wheat Penne Pasta and Marinara</b> | <b>Pasta/Marinara</b>                                | <b>Whole Wheat Bow Tie Pasta and Marinara</b>                   |                   |                   |                                      |
| <b>Grill:</b>                        | Turkey Burger                                 | Turkey Burger                               | Turkey Burger  | Turkey Burger   |                   |                   |                                      |
| <b>Soup</b>                          | Beef and Barley                               | Wisconsin Cheddar                           | Split Pea  | Chicken Tortilla  |                   |                   |                                      |
| <b>Soup</b>                          | Tomato Bisque                                 | Vegetarian Vegetable                        | Chicken Noodle                                       | Minestrone  |                   |                   |                                      |

\*\*\*Vegetarian entrée - these do not include any poultry, pork, beef, seafood or fish. May contain eggs or dairy products.

\*\*Vegan entrée- these foods do not contain any animal products at all.

This includes: honey, eggs, dairy of any kind; chicken, seafood, beef, ham, or any other animal stock or base