

	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
BREAKFAST			Blueberry Crumble	Overnight Oats	Apple Empanada
LUNCH			Cilantro lime Chicken Garden Salad	Spaghetti Bolognese with Broccoli	Chicken Patty Sandwich with Carrot (Ketchup)
VEGETARIAN			Cilantro lime tofu Garden Salad	Spaghetti Veggie Crumble Bolognese with Broccoli	Veggie Patty Sandwich with Carrots
	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
BREAKFAST	Double Chocolate Muffin	Waffle and Turkey Sausage	Cinnamon Roll	Yogurt Parfait	Turkey Sausage and Cheese English Muffin
LUNCH	<u>MEATLESS MONDAY</u>	Chicken Tinga Tostada with Beans (Hot Sauce)	Asian Chicken Salad	Baked Cheesy Turkey Penne with Carrots	Chicken Tamale with Corn
VEGETARIAN	Pesto Crumble Rotini with Salad	Tofu Tinga Tostada with Beans	Asian Veggie Salad	Baked Cheesy Veggie Penne with Carrots	Green Chile Cheese Tamale with Corn
	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
BREAKFAST	Banana Muffin	French Toast and Turkey Sausage	Concha	Overnight Oats	Chicken and Biscuit
LUNCH	<u>MEATLESS MONDAY</u>	BBQ Chicken Leg with Cornbread and Baked Beans	Chicken Pasta Salad	Chicken Potpie with Carrots and Biscuit	Turkey Ham and Cheese Sub with Salad and Chips (Mayo)
VEGETARIAN	Bean and Cheese Burrito with Corn (Hot Sauce)	BBQ Tofu with cornbread and baked beans	Veggie Pasta Salad	Tofu Potpie with Carrots and Biscuit	Veggie and Cheese Sub with Salad and Chips
	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
BREAKFAST	Crispy Rice with Graham Crackers	Breakfast Burrito	Cinnamon Roll	Yogurt Parfait	Egg and Cheese Bagel
LUNCH	<u>MEATLESS MONDAY</u>	Turkey Chili Cheese Potato Boat	Chicken Caesar Wrap	Chicken Tenders with Mashed Potato	Sloppy Joe with Carrots
VEGETARIAN	Mac and Cheese with Salad	Tofu Chili Cheese Potato Boat	Veggie Caesar Wrap	Veggie Tenders with Mashed Potato and Roll	Sloppy Jane with Carrots
	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
BREAKFAST		Corn Flakes with Graham Crackers	Cinnamon Roll	Overnight Oats	Turkey Ham and Cheese English Muffin
LUNCH		Pizza Bagel with Salad	Chicken Caesar Salad	Baked Cheesy Turkey Penne with Salad	Chicken Patty Sandwich with Carrots (Ketchup)
VEGETARIAN	<u>HOLIDAY</u>	Pizza Bagel with Salad	Caesar Salad	Baked Cheesy Crumble Penne with Salad	Veggie Patty Sandwich with Carrots