



**Mondays and Fridays= Vegetarian | Wednesdays= Vegan**

	BREAKFAST	LUNCH	DINNER
MONDAY (9/11)	<ul style="list-style-type: none"> <li>• Omelet made to order with peppers and mushrooms</li> <li>• Low-fat yogurt parfait with ¼ c of granola</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Spicy Coconut Tofu on Jasmine Rice (from stir-fry station)</li> <li>• Broccoli with Sweet Chili sauce</li> <li>• Baked Sweet potato wedges</li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato Lentil Masala soup</li> <li>• Jasmine Rice topped with sautéed veggies and chickpeas (from salad bar)</li> <li>• Green beans</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>
TUESDAY (9/12)	<ul style="list-style-type: none"> <li>• 1 piece of toasted wheat bread topped with 1 tbsp of peanut butter</li> <li>• 1 apple</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tagine</li> <li>• Italian Lentil Salad topped with sautéed mushrooms</li> <li>• Jasmine Rice</li> <li>• Roasted cauliflower</li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burger topped with sautéed onions and mushrooms</li> <li>• Roasted Vegetables</li> <li>• Roasted Potato Medley</li> <li>• Low fat yogurt topped with 1 serving of fruit</li> </ul>
WEDNESDAY (9/13)	<ul style="list-style-type: none"> <li>• Oatmeal topped with banana and 1 tbsp of peanut butter</li> <li>• Strawberry and honeydew fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Broccoli Tofu</li> <li>• Steamed yellow squash and onions</li> <li>• Sugar snap peas</li> <li>• Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Southwestern Salad (all from salad bar):               <ul style="list-style-type: none"> <li>-Jalapeno slaw and spinach mixture</li> <li>-asparagus tips</li> <li>-green pepper</li> <li>-corn</li> <li>-black beans</li> <li>-roasted beets</li> <li>-tomatoes</li> <li>-onion</li> </ul> </li> <li>• Fruit salad</li> </ul>

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<p><b>THURSDAY (9/14)</b></p>	<ul style="list-style-type: none"> <li>• Omelet made to order with tomatoes, spinach, and onions</li> <li>• Low-fat yogurt parfait with ¼ c serving of granola</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Middle Eastern pita: whole grain pita filled with chicken (from grill station), olives, hummus, lettuce, and peppers (salad bar)</li> <li>• Tomato basil soup</li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey burger topped with sautéed mushrooms and onions and small serving of cheese</li> <li>• Brazilian corn</li> <li>• Fresh sautéed broccoli from sauté station</li> <li>• 1 serving of fruit</li> </ul>
<p><b>FRIDAY (9/15)</b></p>	<ul style="list-style-type: none"> <li>• 1 slice of whole grain toast topped with eggs made to order</li> <li>• Low-fat yogurt parfait with ¼ c of granola</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Brown Rice topped with sautéed Italian vegetables, sautéed onions and mushrooms, and green peas</li> <li>• Low-fat yogurt parfait with ¼ c of granola and 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Brussel sprouts</li> <li>• Black bean burger with whole wheat bun and topped with sautéed mushrooms/onions</li> <li>• 1 serving of fruit</li> <li>• Glass of skim milk</li> </ul>
<p><b>SATURDAY (9/16)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• Monterrey Chicken</li> <li>• Wild Rice</li> <li>• Vegetable paella</li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Balsamic glazed chicken</li> <li>• Vegetable du jour</li> <li>• Tropical yogurt bowl: low-fat yogurt topped with ¼ c of granola, pineapple, and mango</li> </ul>
<p><b>SUNDAY (9/17)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• Omelet made to order with small serving of cheese and veggies</li> <li>• ½ c of oatmeal topped with raisins and apple slices</li> </ul>	<ul style="list-style-type: none"> <li>• Pesto Chicken skewers over brown rice</li> <li>• Lima beans</li> <li>• Tomato basil soup</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>



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MONDAY (9/18)	<ul style="list-style-type: none"> <li>1 piece of toasted wheat bread topped with 1 tbsp of peanut butter</li> <li>1 apple</li> <li>1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>Modified quinoa almond bowl               <ul style="list-style-type: none"> <li>-substitute chicken for black bean burger</li> <li>-add guacamole</li> <li>-add sautéed veggies (peppers, onions, mushrooms)</li> </ul> </li> <li>1 serving of fruit</li> <li>1 glass of skim milk</li> </ul>	<ul style="list-style-type: none"> <li>Quinoa bowl: Quinoa almond bowl from sauté station (minus the chicken). Toppings:               <ul style="list-style-type: none"> <li>Black bean burger</li> <li>White Corn</li> <li>Tomatoes</li> <li>Sautéed onions</li> </ul> </li> <li>Low-fat yogurt parfait: add ¼ c of granola and 1 serving of fruit</li> </ul>
TUESDAY (9/19)	<ul style="list-style-type: none"> <li>1 slice of whole grain toast topped with eggs made to order</li> <li>Low-fat yogurt parfait with ¼ c of granola</li> <li>1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>Indonesian Red Curry Beef</li> <li>Spicy potato and vegetable curry</li> <li>Low fat yogurt topped with 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>Tuscan pesto chicken</li> <li>Broccoli with sweet chili sauce</li> <li>Black-eyed Pea salad</li> <li>1 glass of skim milk</li> <li>1 serving of fruit</li> </ul>
WEDNESDAY (9/20)	<ul style="list-style-type: none"> <li>Grits topped with sautéed veggies from the omelet station</li> <li>Strawberry and orange fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea masala</li> <li>Sautéed squash and zucchini</li> <li>Corn from the salad bar</li> <li>Fresh fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Rice bowl: steamed brown rice. Toppings:               <ul style="list-style-type: none"> <li>Carrots</li> <li>Cucumbers</li> <li>Broccoli florets</li> <li>Green peppers</li> <li>Soy sauce</li> <li>Black beans</li> </ul> </li> <li>Spring roll</li> <li>1 serving of fruit</li> </ul>
THURSDAY (9/21)	<ul style="list-style-type: none"> <li>Omelet made to order with tomatoes, spinach, and onions</li> </ul>	<ul style="list-style-type: none"> <li>Roasted Mushroom and asparagus risotto</li> <li>Roasted vegetables</li> <li>1 slice of Maple Glazed Pork</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed grilled Portobello burger: get grilled Portobello mushroom and fill with the sweet potato pilaf</li> <li>Marinated chicken breast</li> </ul>

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	<ul style="list-style-type: none"> <li>• Low-fat yogurt parfait with ¼ c serving of granola</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat yogurt: top with 1 serving of fruit</li> </ul>
<p><b>FRIDAY (9/22)</b></p>	<ul style="list-style-type: none"> <li>• Deluxe yogurt bowl: low-fat yogurt, sliced banana, 1/8 c of granola, and 1 tbsp of peanut butter</li> <li>• 1 hard-boiled egg</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie Spinach salad: top with fresh sautéed veggies, edamame, corn, chickpeas, roasted beets, and cucumbers</li> <li>• Baked sweet potato wedges</li> <li>• Low-fat yogurt parfait topped with ¼ of granola and 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Corn on the cob</li> <li>• Roasted Italian vegetables</li> <li>• Chana Masala</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>
<p><b>SATURDAY (9/23)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• Scratch-made oatmeal topped with sliced banana and 1 tbsp of peanut butter</li> <li>• 1 Hard-boiled egg</li> <li>• 1 glass skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Stir-Fry: start with steamed brown rice. Top with stir-fry veggies, chopped turkey burger, and soy sauce</li> <li>• Low-fat yogurt parfait: top with 1 serving of fruit</li> </ul>
<p><b>SUNDAY (9/24)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• Eggs made to order</li> <li>• Roasted mushroom and asparagus risotto</li> <li>• 1 serving of fruit</li> <li>• 1 Glass of skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Kale Parmesan Sausage soup</li> <li>• Corn</li> <li>• Sugar Snap peas</li> <li>• “Elvis” parfait: top low-fat yogurt with banana and 1 tbsp of peanut butter</li> </ul>



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MONDAY (9/25)	<ul style="list-style-type: none"> <li>• Scratch-made oatmeal topped with raisins and 2 tsp of maple syrup</li> <li>• 1 hardboiled egg</li> <li>• ½ grapefruit</li> <li>• Glass of skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Black bean and Tomato stuffed sweet potato</li> <li>• Fresh vegetable stir-fry</li> <li>• Low-fat yogurt parfait with 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach and Cheese stuffed Portabella</li> <li>• Add corn from salad bar to cucumber and tomato salad</li> <li>• Tomato Lentil Masala soup</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>
TUESDAY (9/26)	<ul style="list-style-type: none"> <li>• Omelet station made with spinach, onions, and tomato</li> <li>• Low-fat yogurt parfait with ¼ c of granola and 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken</li> <li>• Fresh Vegetable Stir-fry</li> <li>• Corn</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Salmon salad:               <ul style="list-style-type: none"> <li>○ Take only sautéed salmon from the display station</li> <li>○ Place on bed of fresh spinach</li> <li>○ Top with Italian lentil salad or fresh vegetables from stir fry station (or both!)</li> </ul> </li> <li>• Side of corn</li> <li>• Glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>
WEDNESDAY (9/27)	<ul style="list-style-type: none"> <li>• Scratch-made oatmeal topped with sliced apples, raisins, and 2 tbsp of maple syrup</li> <li>• Melon fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Golden Jewel, Roasted Vegetable and Edamame</li> <li>• Broccoli with Sweet Chili Sauce</li> <li>• Crinkle-cut Carrots</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Tofu Noodle bowl display</li> <li>• Jalapeno slaw</li> <li>• “Sunny” Fruit salad: peaches, cantaloupe, and orange</li> </ul>
THURSDAY (9/28)	<ul style="list-style-type: none"> <li>• 1 slice of whole grain toast topped with eggs made to order</li> <li>• Strawberry and orange fruit salad</li> <li>• Glass of skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Glazed chicken</li> <li>• Vegetable Fried Rice</li> <li>• Whole Green beans</li> <li>• Low-fat yogurt topped with 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Pesto Shrimp ONLY from pasta display</li> <li>• Tomato Basil Soup</li> <li>• 1 slice of whole grain toast (option: make croutons for soup)</li> <li>• Asparagus tips</li> <li>• 1 serving of fruit</li> <li>• 1 glass of skim milk</li> </ul>

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<p><b>FRIDAY (9/29)</b></p>	<ul style="list-style-type: none"> <li>• Grits topped with small serving of cheese</li> <li>• 1 hardboiled egg</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Southwestern black bean soup</li> <li>• Southwestern salad: top spinach salad with             <ul style="list-style-type: none"> <li>○ Summer corn/tomato salad</li> <li>○ Onion</li> <li>○ Green pepper</li> <li>○ Roasted beets</li> <li>○ Shredded carrots</li> </ul> </li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Hummus Display (Roasted garlic and jalapeno)             <ul style="list-style-type: none"> <li>○ Use fresh veggies (cucumber, peppers, carrot) to dip</li> </ul> </li> <li>• Black bean burger</li> <li>• Roasted Brussels sprouts mixed with sautéed onions from grill</li> <li>• Low-fat yogurt parfait: top with ¼ c of granola and 1 serving of fruit</li> </ul>
<p><b>SATURDAY (9/30)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• Top eggs made to order with Brown Lentil Spinach from Display station</li> <li>• Low-fat yogurt parfait topped with ¼ c of granola and 1 serving of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Edamame Succotash</li> <li>• Chili Lime Potatoes</li> <li>• Spinach salad topped with chopped turkey burger and veggies</li> <li>• 1 glass of skim milk</li> <li>• 1 serving of fruit</li> </ul>
<p><b>SUNDAY (10/1)</b></p>	<p>-----</p>	<ul style="list-style-type: none"> <li>• 3 Blackened Chicken Thighs</li> <li>• Vegetable Du Jour</li> <li>• ½ cup of Grits topped with small serving of cheese</li> <li>• Tropical fruit salad: ½ grapefruit, pineapple, and orange wedges</li> </ul>	<ul style="list-style-type: none"> <li>• Calypso Rice and Beans</li> <li>• Creamed Corn</li> <li>• Green Beans</li> <li>• Low-fat yogurt parfait: top with ¼ c of granola and 1 serving of fruit</li> </ul>