



Mondays and Fridays= Vegetarian | Wednesdays= Vegan

	BREAKFAST	LUNCH	DINNER
Monday			
Tuesday			
Wednesday (11/1)	<ul style="list-style-type: none">• Oatmeal with cinnamon and cut up apples• Banana and 1 tbsp. peanut butter	<ul style="list-style-type: none">• Baked sweet potato stuffed with black beans, tomatoes, salsa, and rice from display station• Side of fruit• Glass of soymilk	<ul style="list-style-type: none">• Risotto with asparagus and mushrooms• Green beans• Side of fruit
Thursday (11/2)	<ul style="list-style-type: none">• Eggs made to order with tomatoes and onions• Yogurt with strawberries• Orange slices	<ul style="list-style-type: none">• Spicy Asian haddock• Garlic Broccoli• Field peas with snap beans• Brown rice from display station	<ul style="list-style-type: none">• Honey baked chicken• Squash, zucchini, and onions• Rice pilaf• Side of fruit• Glass of skim milk



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	BREAKFAST	LUNCH	DINNER
Friday (11/3)	<ul style="list-style-type: none"> • Whole wheat toast topped with 1 tbsp. peanut butter and a banana • Yogurt bowl topped with strawberries 	<ul style="list-style-type: none"> • Crumbled black bean burger on top a bed of steamed brown rice with vegetables: <ul style="list-style-type: none"> - Roasted asparagus - Carrot coins • Glass of skim milk 	<ul style="list-style-type: none"> • Chef Salad: <ul style="list-style-type: none"> - Romaine lettuce - Hardboiled eggs - Tomatoes - Cucumbers - Carrots • Prince Edward Blend vegetables • Side of fruit • Glass of skim milk
Saturday (11/4)	<ul style="list-style-type: none"> • Eggs made to order with peppers, mushrooms, and onions • Side of oatmeal with banana • Glass of skim milk 		<ul style="list-style-type: none"> • Stuffed portabella mushroom: <ul style="list-style-type: none"> - Grilled Portobello mushroom burger - Red bean rice - Broccoli Florets • Side of fruit • Glass of skim milk
Sunday (11/5)	<ul style="list-style-type: none"> • Blackened chicken thighs • Candied yams • Vegetable du Jour • Yogurt with ¼ cup granola and fruit 		<ul style="list-style-type: none"> • Kale parmesan and sausage soup • Oriental vegetables • Yogurt bowl with ¼ cup granola and strawberries



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Monday (11/6)	<ul style="list-style-type: none"> • PB&J Yogurt bowl with ¼ cup granola, peanut butter, and strawberries • Hardboiled egg 	<ul style="list-style-type: none"> • Spicy coconut tofu on jasmine rice • Broccoli with sweet chili sauce • Side of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Tomato lentil masala soup • Green beans • Spinach salad with artichoke hearts, corn, and cucumber • Side of fruit • Glass of skim milk
Tuesday (11/7)	<ul style="list-style-type: none"> • Omelet made to order with mushrooms, peppers, and diced ham • Glass of skim milk • Apple 	<ul style="list-style-type: none"> • Chicken tagine • Jasmine rice • Roasted cauliflower • Yogurt bowl with a side of fruit 	<ul style="list-style-type: none"> • Cod au gratin • Roasted potato medley • Roasted vegetables • Side of fruit • Glass of skim milk
Wednesday (11/8)	<ul style="list-style-type: none"> • Oatmeal topped with soy milk, raisins, and cinnamon • Apple 	<ul style="list-style-type: none"> • Sweet broccoli tofu • Sugar snap peas • Steamed yellow squash and onions • Side of fruit 	<ul style="list-style-type: none"> • Spinach Asparagus Salad: <ul style="list-style-type: none"> - Spinach - Asparagus tips - Cherry tomatoes - Chickpeas - Corn • Whole wheat toast with 1 tbsp. peanut butter and banana
Thursday (11/9)	<ul style="list-style-type: none"> • Yogurt bowl with peanut butter, cut up apple, granola, and cinnamon 	<ul style="list-style-type: none"> • Lemon glazed chicken • Ethiopian cabbage • Hummus with whole wheat pita bread • Side of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Crumbled turkey burger with steamed rice • Squash, zucchini, and onions • Brazilian corn • Side of fruit • Glass of skim milk



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Friday (11/10)	<ul style="list-style-type: none"> • Toasted whole wheat bread topped with eggs made to order • Fruit salad • Glass of milk 	<ul style="list-style-type: none"> • Steamed brown rice • Roasted Italian vegetables • Summer corn tomato salad • Yogurt bowl with fruit 	<ul style="list-style-type: none"> • Black bean burger topped with lettuce, tomato, and onion on a whole wheat bun • Roasted Brussels sprouts • Side of fruit • Glass of skim milk
Saturday (11/11)	<ul style="list-style-type: none"> • Vegetable Paella • Vegetable du Jour • Side of fruit • Glass of skim milk 		<ul style="list-style-type: none"> • Balsamic glazed chicken • Green beans • Corn • Yogurt bowl with ¼ cup granola and fruit
Sunday (11/12)	<ul style="list-style-type: none"> • Oatmeal with strawberries and cinnamon • Serving of scrambled eggs • Glass of skim milk 		<ul style="list-style-type: none"> • Pesto chicken skewers • Steamed brown rice • Carrot coins • Lima beans • Side of fruit • Glass of skim milk



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	BREAKFAST	LUNCH	DINNER
Monday (11/13)	<ul style="list-style-type: none"> • Whole wheat toast topped with a made to order omelet with peppers and onions • Side of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Quinoa Almond Bowl (without chicken) • Yellow squash and onions • Side of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Tomato lentil masala soup • Cucumber salad • White corn • Yogurt bowl with fruit
Tuesday (11/14)	<ul style="list-style-type: none"> • Oatmeal topped with raisins, peanut butter, and cinnamon • Side of yogurt with strawberries 	<ul style="list-style-type: none"> • Indonesian red curry beef • Jasmine rice • Malibu vegetable blend • Banana • Side of yogurt 	<ul style="list-style-type: none"> • Tuscan pesto chicken • Broccoli with sweet chili sauce • Black eyed pea salad • Side of fruit • Glass of skim milk
Wednesday (11/15)	<ul style="list-style-type: none"> • Grits topped with sautéed vegetables from omelet station • Honeydew and cantaloupe fruit salad 	<ul style="list-style-type: none"> • Chickpea chana masala • Squash, zucchini, and onions • Side of fruit • Glass of soy milk 	<ul style="list-style-type: none"> • Brown rice bowl: <ul style="list-style-type: none"> - Brown rice - Roasted squash and zucchini - Tomatoes from salad bar - Corn from salad bar • Banana and 1 tbsp. peanut butter
Thursday (11/16)	<ul style="list-style-type: none"> • Omelet made to order with mushrooms, peppers, and tomatoes • Side of yogurt • Side of fruit 	<ul style="list-style-type: none"> • Tomato basil soup • Maple glazed pork • Green beans • Glass of skim milk 	<ul style="list-style-type: none"> • Marinated grilled chicken • Sweet potato pilaf • Crinkle cut carrots • Side of fruit • Glass of skim milk



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	BREAKFAST	LUNCH	DINNER
Friday (11/17)	<ul style="list-style-type: none"> • Yogurt bowl topped with ¼ cup granola, banana, and 1 tbsp. of peanut butter 	<ul style="list-style-type: none"> • Baked sweet potato wedges • Fresh vegetable sauté with garlic • Southwestern black bean soup 	<ul style="list-style-type: none"> • Marinated mushroom, mozzarella, and tomato salad • Corn on the cob • Roasted Italian vegetables • Orange wedges
Saturday (11/18)	<ul style="list-style-type: none"> • Omelet made to order with small serving of cheese • Vegetable du jour • Yogurt with fresh fruit 		<ul style="list-style-type: none"> • Vegetable stir fry: steamed brown rice topped with stir fried vegetables, and fire cracker chicken • Side of fruit • Glass of milk
Sunday (11/19)	<ul style="list-style-type: none"> • Baked potato • Vegetable du jour • Blackened chicken thigh • Side of apple sauce • Glass of skim milk 		<ul style="list-style-type: none"> • Kale parmesan sausage soup • Sugar snap peas • Corn • Side of yogurt with ¼ cup granola and fruit



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Monday (11/20)	<ul style="list-style-type: none"> • Omelet made to order with peppers, tomatoes, and onions • ½ grapefruit • Glass of skim milk 	<ul style="list-style-type: none"> • Black bean and tomato stuffed sweet potato • Prince Edward blend vegetables • Rice pilaf • Glass of skim milk 	<ul style="list-style-type: none"> • Spinach and cheese stuffed portabella mushroom • Baby honey carrots • Green beans • Pear slices
Tuesday (11/21)	<ul style="list-style-type: none"> • Oatmeal with 1 tbsp. maple syrup and cinnamon • Banana with 1 tbsp. of peanut butter • Glass of skim milk 	<ul style="list-style-type: none"> • Turkey burger on whole wheat bun with lettuce and tomato • Collard greens • Stir fry veggies • Side of yogurt with strawberries 	<ul style="list-style-type: none"> • Grilled salmon salad <ul style="list-style-type: none"> - Salmon from the display station - Bed of fresh spinach - Veggies from stir fry station • Corn • Side of fruit • Glass of skim milk
Wednesday (11/22)	<ul style="list-style-type: none"> • Whole wheat toast topped with 1 tbsp. peanut butter and sliced apples • Side of fruit 	<ul style="list-style-type: none"> • Falafel Pita from gyro action station: <ul style="list-style-type: none"> - Whole wheat pita - Falafel - Tomato - Lettuce - Curried garbanzo beans and rice • Crinkle cut carrots • Side of fruit 	<ul style="list-style-type: none"> • Tofu noodle bowl from display • Prince Edward blend vegetables • Orange wedges • Glass of soymilk



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	BREAKFAST	LUNCH	DINNER
Thursday (11/23)	<ul style="list-style-type: none"> • Yogurt bowl with ¼ cup granola and strawberries • Grapefruit ½ 	<ul style="list-style-type: none"> • Lemon glazed chicken • White basmati rice • Green beans • Glass of skim milk • Side of fruit 	<ul style="list-style-type: none"> • Pesto shrimp from sauté station • Baked potato • Carrot coins • Asparagus tips • Glass of skim milk
Friday (11/24)	<ul style="list-style-type: none"> • Healthy egg and cheese sandwich: <ul style="list-style-type: none"> - Two pieces of whole grain toast - Egg omelet with a small amount of cheese and mixed veggies • Side of mango 	<ul style="list-style-type: none"> • Southwestern black bean soup served over roasted red potatoes • Green peas • Steamed cabbage • Side of fruit 	<ul style="list-style-type: none"> • Big Greek Salad: <ul style="list-style-type: none"> - Bed of your choice of greens - Roasted garlic hummus from display station - Grape tomatoes - Cucumbers - Red onions - Olives • Mixed vegetables • Apple • Glass of skim milk
Saturday (11/25)	<ul style="list-style-type: none"> • Spinach and brown lentils • Vegetable du jour • Yogurt parfait with ¼ cup granola and tropical fruit salad 		<ul style="list-style-type: none"> • Turkey burger on whole wheat bun topped with onions, tomato, and lettuce • Edamame succotash • Baby honey carrots • Side of pear halves • Glass of skim milk



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BREAKFAST

LUNCH

DINNER

**Sunday
(11/26)**

- Spicy coconut tofu
- Greek potatoes
- Vegetable du jour
- Yogurt bowl with strawberries and pineapple chunks

- Calypso rice and beans
- Creamed corn
- Green beans
- Orange wedges
- Glass of skim milk



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	BREAKFAST	LUNCH	DINNER
Monday (11/27)	<ul style="list-style-type: none"> • Omelet made to order with pepper, onion, and tomato • Small side of oatmeal with strawberries and cinnamon • Glass of skim milk 	<ul style="list-style-type: none"> • Spinach salad with black bean burger: <ul style="list-style-type: none"> - Bed of spinach from salad bar - Crumbled black bean burger - Tomato pesto salad from salad bar - Corn • Roasted cauliflower • Side of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Tomato lentil masala soup • Fresh sautéed vegetables with garlic • Side of yogurt bowl with ¼ cup granola • Side of pineapple chunks and cantaloupe
Tuesday (11/28)	<ul style="list-style-type: none"> • Grits with sautéed vegetables from omelet station • Glass of skim milk • Orange slices 	<ul style="list-style-type: none"> • Wild rice stuffed portabella • Green beans and lima beans • Banana with 1 tbsp. peanut butter • Glass of skim milk 	<ul style="list-style-type: none"> • Black-eyed peas • Collard greens • Turkey burger topped with sautéed onions and mushrooms on a whole wheat bun • Yogurt bowl with tropical fruit salad
Wednesday (11/29)	<ul style="list-style-type: none"> • Oatmeal with 1 tbsp. peanut butter and cut up apple pieces • Grapefruit ½ • Glass of soymilk 	<ul style="list-style-type: none"> • Yakisoba • Baked sweet potato • Roasted vegetables • Cucumber salad • Side of fruit 	<ul style="list-style-type: none"> • Vegan Burrito bowl (from display station): <ul style="list-style-type: none"> - Steamed rice - Black beans - Lettuce salsa - Tomatoes - Corn (from salad bar) • Side of fruit • Side of hummus and cucumbers for dipping (from salad bar)



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Thursday (11/30)	<ul style="list-style-type: none">• Yogurt bowl with ¼ cup granola, 1 tbsp. peanut butter, and banana• Apple	<ul style="list-style-type: none">• Marinated grilled chicken• Garlic broccoli• Field peas and snap beans• Side of fruit• Glass of skim milk	<ul style="list-style-type: none">• Taco bowl:<ul style="list-style-type: none">- Taco meat- Brown rice- Black beans- Lettuce- Salsa• Corn• Side of fruit• Glass of skim milk
Friday			
Saturday			
Sunday			



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