



	BREAKFAST	LUNCH	DINNER
MONDAY (1/8)	<ul style="list-style-type: none"> • Whole wheat toast with 1 TBSP peanut butter and a dash of cinnamon • Sliced apple • Hard-boiled egg • Glass of skim milk 	<ul style="list-style-type: none"> • Veggie Quesadilla • Cucumber Salad • 1 serving of fresh fruit • Skim Milk 	<ul style="list-style-type: none"> • Gluten Free Black Bean Burger • White Corn • Strawberry Yogurt topped with ¼ cup granola • Sliced banana
TUESDAY (1/9)	<ul style="list-style-type: none"> • Omelet station with tomatoes, mushrooms, and peppers • Yogurt topped with granola 	<ul style="list-style-type: none"> • Indonesian Red Curry Beef • Spicy potato and vegetable curry • Low fat yogurt topped with 1 serving of fruit 	<ul style="list-style-type: none"> • Quinoa Almond Chicken Bowl • Spinach salad with tropical fruit • Creamy vanilla yogurt with ¼ cup granola
WEDNESDAY (1/10)	<ul style="list-style-type: none"> • Oatmeal topped with raisins and 1 tsp. brown sugar • Sliced apples with 2 Tbsp peanut butter • Glass of skim milk 	<ul style="list-style-type: none"> • Mandarin chicken salad • Sautéed onions and zucchini • Rustic mushroom and rice stuffed pepper • Fresh fruit salad 	<ul style="list-style-type: none"> • Chickpea Chana Marsala • ½ cup brown rice • 1 serving of fresh fruit • Glass of skim milk
THURSDAY (1/11)	<ul style="list-style-type: none"> • Yogurt topped with granola • Sliced banana • Side of pears 	<ul style="list-style-type: none"> • Hearty beef stew with potatoes • Roasted vegetables • Yogurt topped with strawberries 	<ul style="list-style-type: none"> • Spinach salad with cucumber, carrots, cheese, light vinaigrette, topped with marinated chicken breast • Vanilla yogurt topped with sliced fruit

FRIDAY (1/12)	<ul style="list-style-type: none"> • 2 scrambled eggs • Whole wheat toast with 2 Tbsp jelly • Yogurt with sliced cantaloupe 	<ul style="list-style-type: none"> • Chili rubbed tilapia • Baked sweet potato wedges • Fresh sautéed veggies, • Sliced peaches and orange fruit salad • Glass of skim milk 	<ul style="list-style-type: none"> • Black bean burger with whole wheat bun and topped with sautéed mushrooms/onions • Sliced peaches • Glass of skim milk
SATURDAY (1/13)	-----	<ul style="list-style-type: none"> • Freshly scrambled eggs • Salad de jour • Low fat vanilla yogurt topped with sliced bananas and 2 tsp of peanut butter 	<ul style="list-style-type: none"> • Veggie burger on whole wheat bun • Tropical yogurt bowl: low-fat yogurt topped with ¼ c of granola, pineapple, and mango
SUNDAY (1/14)	-----	<ul style="list-style-type: none"> • Cucumber and grape tomato salad with herb vinaigrette dressing • Blackened chicken salad • Baked potato topped with sour cream with 1 tsp of shredded cheese and fresh green onions • Side of mango 	<ul style="list-style-type: none"> • Turkey burger on whole wheat bun • Glass of skim milk • 1 cup of mango slices • Fresh sautéed vegetables with couscous



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MONDAY (1/15)	<ul style="list-style-type: none"> • Omelet with tomatoes and peppers • Bowl of orange wedges and grapefruit • Glass of skim milk 	<ul style="list-style-type: none"> • Noodle bowl topped with grilled salmon from Caesar bar • Fresh veggie stir fry • Fruit salad • Glass of skim milk 	<ul style="list-style-type: none"> • 1 serving baked chicken • Honey baby carrots • Strawberry yogurt topped with ¼ cup granola • Bowl of sliced pears
TUESDAY (1/16)	<ul style="list-style-type: none"> • Oatmeal topped with cinnamon, 1 Tbsp peanut butter, and raisins • 1 cup vanilla yogurt • Sliced peaches 	<ul style="list-style-type: none"> • Tuscan lentil almond salad • Collard greens • Szechuan eggplant • Low-fat yogurt parfait topped with tropical fruit salad 	<ul style="list-style-type: none"> • Roasted vegetables and tofu with pesto • 1 slice of whole wheat toast • Glass of skim milk • Tropical fruit salad
WEDNESDAY (1/17)	<ul style="list-style-type: none"> • 2 hard-boiled eggs • Small bowl of grits • Apple slices • Glass of skim milk 	<ul style="list-style-type: none"> • Roasted Italian vegetables • Pesto shrimp from ziti display • Golden jewel edamame • 1 serving of fruit • Glass of skim milk 	<ul style="list-style-type: none"> • Lemon pepper cod • Spinach salad with raisins, mixed nuts, and chopped apples • 2 slices of whole wheat toast
THURSDAY (1/18)	<ul style="list-style-type: none"> • Omelet made to order with tomatoes, spinach, and onions • Low-fat yogurt parfait with ¼ c serving of granola • Side of strawberries 	<ul style="list-style-type: none"> • Lemon glazed chicken • Green beans • Corn on the cob • Low fat yogurt topped with strawberry, orange, and cantaloupe 	<ul style="list-style-type: none"> • Chargrilled Portabello burger on a whole wheat bun • Side of asparagus • Glass of skim milk • Fresh strawberries

FRIDAY (1/19)	<ul style="list-style-type: none"> • Oatmeal with a drizzle of honey and sliced mango • Whole wheat toast with jelly • Glass of skim milk 	<ul style="list-style-type: none"> • Southwest salad: spinach, corn, and tomato salad • Chopped black bean burger • Southwestern chicken poblano soup • Glass of skim milk • 1 serving of fresh fruit 	<ul style="list-style-type: none"> • Black bean burger on whole wheat bun • Side of mixed vegetables • Vanilla yogurt with ¼ cup granola • 1 serving of sliced mango
SATURDAY (1/20)	-----	<ul style="list-style-type: none"> • Yogurt parfait with fresh fruit and ¼ cup granola • Whole wheat toast with 2 Tbsp peanut butter • Skim milk 	<ul style="list-style-type: none"> • Sliced veggie burger on fresh greens with cheese, peppers, mushrooms, and carrots • 1 slice of whole wheat toast • 1 apple
SUNDAY (1/21)	-----	<ul style="list-style-type: none"> • Scrambled eggs with fresh vegetables • Bowl of strawberries with pineapple • 1 Glass of skim milk • 1 slice whole wheat toast 	<ul style="list-style-type: none"> • Catfish with almonds • Homestyle green beans • Glass of skim milk • Tropical pineapple



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MONDAY (1/22)	<ul style="list-style-type: none"> Oatmeal topped with raisins, cinnamon, and 1 Tbsp nuts Orange wedges Glass of skim milk 	<ul style="list-style-type: none"> Gluten free black bean burger on a whole wheat bun Spinach bowl with assorted vegetable topping and light dressing Cup of pineapple Glass of skim milk 	<ul style="list-style-type: none"> Gluten free black bean burger on whole wheat bun with sautéed onions and mushrooms Fresh strawberries and cantaloupe Glass of skim milk
TUESDAY (1/23)	<ul style="list-style-type: none"> 2 hard-boiled eggs Low-fat yogurt parfait with ¼ c of granola 1 serving of fruit 	<ul style="list-style-type: none"> Chopped veggie burger mixed with stuffed Portabella wild rice Lima beans Cup of oranges Glass of skim milk 	<ul style="list-style-type: none"> Chopped veggie burger on spinach salad with fresh veggies and light vinaigrette Tropical fruit salad Yogurt with ¼ cup granola
WEDNESDAY (1/24)	<ul style="list-style-type: none"> Vegan French toast 1 cup of milk or milk alternative Side of grapefruit 	<ul style="list-style-type: none"> Cod au gratin Roasted vegetables Cup of peaches Baked potato with 1 Tbsp sour cream and 1 oz of cheese 	<ul style="list-style-type: none"> Baked potato bar with 1 tsp sour cream and 2 tsp shredded cheese Vegan chili Sliced peaches
THURSDAY (1/25)	<ul style="list-style-type: none"> 1 slice of whole grain toast topped with eggs made to order Strawberry and orange fruit salad Glass of skim milk 	<ul style="list-style-type: none"> Marinated chicken breast Baked sweet potato Garlic broccoli Honeydew melon Glass of skim milk 	<ul style="list-style-type: none"> Chargrilled Portabello burger on whole wheat bun with sautéed onions Side spinach salad with fresh veggies and chopped apple slices Yogurt with sliced banana
FRIDAY (1/26)	<ul style="list-style-type: none"> Grits topped with small serving of cheese Scrambled eggs 	<ul style="list-style-type: none"> Black bean burger Steamed brown rice Roasted asparagus 	<ul style="list-style-type: none"> Chopped gluten free veggie burger on fresh greens with carrots, shredded cheese, cucumbers, mushrooms, and light vinaigrette

	<ul style="list-style-type: none"> • 1 sweet potato sausage patty • Sliced banana 	<ul style="list-style-type: none"> • Yogurt topped with ¼ c granola and fresh fruit 	<ul style="list-style-type: none"> • Yogurt parfait with fresh fruit and ¼ cup granola
SATURDAY (1/27)	-----	<ul style="list-style-type: none"> • Scratch made oatmeal with sliced banana, cinnamon, and 2 Tbsp peanut butter • Glass of skim milk 	<ul style="list-style-type: none"> • Turkey burger with sautéed onions and mushrooms on whole wheat bun • Broccoli florets • Glass of skim milk • Sliced apples
SUNDAY (1/28)	-----	<ul style="list-style-type: none"> • Spring green salad with candied yams, nuts, raisins, chickpeas, chopped egg, mushrooms, and cheese with light dressing • Sliced peaches 	<ul style="list-style-type: none"> • Kale and sausage soup • 2 slices whole wheat toast with peanut butter • Yogurt bowl with ¼ c granola and 1 serving fresh fruit



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MONDAY (1/29)	<ul style="list-style-type: none"> • Scratch-made oatmeal topped with raisins and 2 tsp of maple syrup • 1 hardboiled egg • ½ grapefruit • Glass of skim milk 	<ul style="list-style-type: none"> • Grilled salmon with dill sauce • Roasted veggies and corn • Honeydew melon • Glass of skim milk 	<ul style="list-style-type: none"> • Turkey burger with sautéed onions and mushrooms on whole wheat bun • Glass of skim milk • Tropical pineapple
TUESDAY (1/30)	<ul style="list-style-type: none"> • Omelet station made with spinach, onions, and tomato • Low-fat yogurt parfait with ¼ c of granola and 1 serving of fruit 	<ul style="list-style-type: none"> • Chicken tagine • Roasted cauliflower • Red skin potatoes • Cup of cantaloupe • Glass of skim milk 	<ul style="list-style-type: none"> • Baked Cod Au Gratin • Side spinach salad with fresh veggies and light vinaigrette • Yogurt parfait with sliced bananas and ¼ cup granola
WEDNESDAY (1/31)	<ul style="list-style-type: none"> • Oatmeal topped with sliced apples, raisins, and 2 Tbsp of maple syrup • 1 serving of fresh fruit 	<ul style="list-style-type: none"> • Mango mojo pork loin • Honey roasted carrots • Whole wheat toast • 1 apple • Yogurt parfait topped with ¼ c granola 	<ul style="list-style-type: none"> • Portobello Mushroom stuffed with spinach • 2 slices whole wheat toast • Glass of skim milk • Bowl of sliced pears and peaches