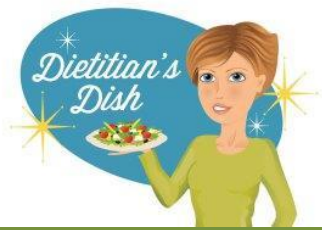
	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

Monday (4/2)			
Tuesday (4/3)	<ul style="list-style-type: none"> <li>• Hard boiled eggs</li> <li>• Whole wheat toast with peanut butter</li> <li>• Bowl of fruit</li> <li>• Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Turkey</li> <li>• Coleslaw</li> <li>• Whole wheat toast</li> <li>• Creamy Vanilla Yogurt with Fresh Cut Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burger</li> <li>• Rice Pilaf</li> <li>• Broccoli Florets</li> <li>• Fruit of your choice</li> <li>• Glass of skim milk</li> </ul>
Wednesday (4/4)	<ul style="list-style-type: none"> <li>• Ham &amp; veggie omelet</li> <li>• Bowl of yogurt topped with fruit and granola</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Chops with Mushroom Demi Glaze</li> <li>• Turnip Greens</li> <li>• Rosemary Potatoes</li> <li>• Creamy Strawberry Yogurt with Banana slices</li> </ul>	<ul style="list-style-type: none"> <li>• Firecracker Chicken</li> <li>• Red Skin Garlic Mashed Potatoes</li> <li>• Roasted Brussel Sprouts</li> <li>• Fresh Red Apple</li> </ul>
Thursday (4/5)	<ul style="list-style-type: none"> <li>• Southwest Omelet with peppers, onions, and mushrooms.</li> <li>• 1 slice Whole Wheat Toast</li> <li>• ½ Grapefruit</li> <li>• 1 cup Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Veggie Quesadilla</li> <li>• Honey and Fennel Cauliflower</li> <li>• Creamy Vanilla Yogurt</li> <li>• Fresh Cut Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach salad with a chopped Turkey Burger, tomato, mushroom, carrots, olives, and herb vinaigrette</li> <li>• Creamy Vanilla Yogurt with Banana slices</li> <li>• 1 glass of water</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

		<ul style="list-style-type: none"><li>• 1 glass of water</li></ul>	
Friday (4/6)	<ul style="list-style-type: none"><li>• Scrambled eggs with veggies</li><li>• Grits with Peanut Butter</li><li>• Red Apple</li><li>• 1 cup Skim Milk</li></ul>	<ul style="list-style-type: none"><li>• Blackened Fish</li><li>• Szechuan Eggplant</li><li>• Baked Sweet Potato Wedges</li><li>• Creamy Vanilla Yogurt</li><li>• Orange Wedges</li><li>• 1 glass of water</li></ul>	<ul style="list-style-type: none"><li>• BBQ Chicken</li><li>• 1 slice Whole Wheat Toast</li><li>• Spinach and Cheese Stuffed Portabella</li><li>• Fresh Yellow Apple</li><li>• 1 glass of water</li></ul>
Saturday (4/7)	<ul style="list-style-type: none"><li>• Onion and Pepper Egg Omelet Made To Order</li><li>• Tofu and Wild Rice</li><li>• Fresh Cut Grapefruit</li><li>• Creamy Vanilla Yogurt</li><li>• 1 glass of water</li></ul>		<ul style="list-style-type: none"><li>• Buffalo Chicken Skewers</li><li>• Mixed vegetables</li><li>• Roasted Mushroom &amp; Asparagus Risotto</li><li>• Banana</li><li>• 1 glass of Skim Milk</li></ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<p>Sunday (4/8)</p>	<ul style="list-style-type: none"> <li>• Spanish Roasted Chicken</li> <li>• Baked Sweet Potato</li> <li>• Mango</li> <li>• Creamy Vanilla Yogurt</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Pad Thai Tofu</li> <li>• Sugar Snap Peas</li> <li>• Fresh Red Apple with Peanut Butter</li> <li>• 1 glass of Skim Milk</li> </ul>
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	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

Monday (4/9)	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Banana with Peanut Butter</li> <li>• 1 cup Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Dumplings and vegetable noodle bowl</li> <li>• Roasted Vegetables</li> <li>• Yogurt with sliced Peaches and Granola</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Cilantro Lime Chicken</li> <li>• Roasted Red Skin Potatoes</li> <li>• Green Beans</li> <li>• Orange slices</li> <li>• 1 glass of Skim Milk</li> </ul>
Tuesday (4/10)	<ul style="list-style-type: none"> <li>• 1 slice whole wheat toast</li> <li>• Boiled egg</li> <li>• Strawberry yogurt and granola</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Caesar salad</li> <li>• Collard greens and black eyed peas</li> <li>• Red apple</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef and Broccoli</li> <li>• Rice</li> <li>• Steamed carrots</li> <li>• Pear Halves</li> <li>• Creamy Vanilla Yogurt</li> <li>• 1 glass of water</li> </ul>
Wednesday (4/11)	<ul style="list-style-type: none"> <li>• Veggie omelet (peppers, onion, mushroom)</li> <li>• ½ grapefruit</li> <li>• 1 slice whole wheat toast with peanut butter</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Barley Stir Fry</li> <li>• Yellow Squash and Onions</li> <li>• Strawberry Yogurt</li> <li>• Orange Wedges</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Cali Quinoa bowl</li> <li>• Tropical fruit</li> <li>• Spinach salad with cucumber</li> <li>• Creamy Vanilla Yogurt</li> <li>• 1 glass of water</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<b>Thursday</b> (4/12)	<ul style="list-style-type: none"> <li>● Scrambled eggs</li> <li>● Grits</li> <li>● Banana with peanut butter</li> <li>● 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Rojo</li> <li>● Ethiopian cabbage</li> <li>● Yellow apple slices</li> <li>● Yogurt</li> <li>● 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>● New Zealand Mussels with Scampi</li> <li>● Zucchini and onions</li> <li>● 1 slice whole wheat toast</li> <li>● Yogurt with Cantaloupe</li> <li>● 1 glass of water</li> </ul>
<b>Friday</b> (4/13)	<ul style="list-style-type: none"> <li>● Oatmeal with raisins and banana</li> <li>● Apple</li> <li>● 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>● Orange Steamed Fish</li> <li>● Roasted Italian vegetables</li> <li>● 1 slice whole wheat toast with peanut butter</li> <li>● Yogurt with Honeydew</li> <li>● 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>● Herb Baked Chicken</li> <li>● Roasted Brussel Sprouts</li> <li>● Baked Sweet potato wedges</li> <li>● Yogurt</li> <li>● Orange Wedges</li> <li>● 1 glass of water</li> </ul>
<b>Saturday</b> (4/14)	<ul style="list-style-type: none"> <li>● Green Pepper and Onion Omelet</li> <li>● Sweet potato pilaf</li> <li>● Grapefruit</li> <li>● Yogurt</li> <li>● 1 glass of water</li> </ul>		<ul style="list-style-type: none"> <li>● Black Bean Burger</li> <li>● Zucchini Provencal</li> <li>● Roasted Corn and Beans</li> <li>● Yogurt with Peach Slices</li> <li>● 1 glass of water</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<p>Sunday (4/15)</p>	<ul style="list-style-type: none"> <li>● Frittata with Feta, Olive, &amp; Sundried Tomato</li> <li>● Steamed Rice</li> <li>● Vegetable Du Jour</li> <li>● Yogurt with Pear Slices</li> <li>● 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>● Pineapple Pork Chops</li> <li>● Szechuan Eggplant</li> <li>● Spinach salad topped with corn, tomatoes, carrots, and cucumber</li> <li>● Yogurt with Cantaloupe Slices</li> <li>● 1 glass of water</li> </ul>
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	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

Monday (4/16)	<ul style="list-style-type: none"> <li>• 1 slice of whole wheat toast with peanut butter and banana</li> <li>• Boiled egg</li> <li>• ½ grapefruit</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jalapeno Chicken with Corn Tomato Sauce</li> <li>• Baked Sweet Potato</li> <li>• Baby Carrots</li> <li>• Yogurt</li> <li>• Cantaloupe Slices</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Pepper Cod</li> <li>• Sugar Pea Snaps</li> <li>• Buttered Corn on the Cob</li> <li>• Orange Slices</li> <li>• 1 cup of skim milk</li> </ul>
Tuesday (4/17)	<ul style="list-style-type: none"> <li>• Boiled egg</li> <li>• Yogurt and granola</li> <li>• ½ grapefruit</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Cod Au Gratin</li> <li>• Brown Rice</li> <li>• Roasted Asparagus</li> <li>• Pear Halves</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burger</li> <li>• Roasted Baby Redskin Potatoes</li> <li>• Green Beans</li> <li>• Orange Slices</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>
Wednesday (4/18)	<ul style="list-style-type: none"> <li>• Veggie omelet (peppers, onion, mushroom)</li> <li>• Grits</li> <li>• ½ grapefruit</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Spanish Chicken</li> <li>• Arugula and Tomato Salad</li> <li>• Roasted Potato Medley</li> <li>• Yellow Apple Slices</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Mini Ribs</li> <li>• Roasted Brussel Sprouts</li> <li>• Cheddar Potato Mash</li> <li>• Sliced Pear</li> <li>• 1 cup of skim milk</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<b>Thursday</b> (4/19)	<ul style="list-style-type: none"> <li>• Oatmeal with raisins and banana</li> <li>• Cantaloupe</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Maple Glazed Pork</li> <li>• Garlic Red Skin Mashed Potatoes</li> <li>• Green Beans</li> <li>• Honeydew and Yogurt</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Stuffed Peppers</li> <li>• Sweet Yeast Dinner Roll</li> <li>• Broccoli Florets</li> <li>• Orange Slices</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>
<b>Friday</b> (4/20)	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> <li>• Grits</li> <li>• Orange wedges</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Smokey Mountain Chicken</li> <li>• Candied Yams</li> <li>• Edamame</li> <li>• Yogurt with Pear Slices</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Burger</li> <li>• Ethiopian Cabbage</li> <li>• Orange Wedges</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>
<b>Saturday</b> (4/21)	<ul style="list-style-type: none"> <li>• Meatball Sandwich</li> <li>• Vegetable Du Jour</li> <li>• Yogurt with Banana Slices and Granola</li> <li>• 1 glass of water</li> </ul>		<ul style="list-style-type: none"> <li>• Buffalo Chicken Breast</li> <li>• Penne Pasta with Asparagus</li> <li>• Spinach Salad</li> <li>• Cantaloupe</li> <li>• 1 cup of skim milk</li> </ul>



	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<p>Sunday (4/22)</p>	<ul style="list-style-type: none"> <li>● Pad Thai Tofu</li> <li>● Saffron Infused Rice</li> <li>● Vegetable Du Jour</li> <li>● Yogurt with Pineapple Tidbits</li> <li>● 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>● Barley Mushroom Pilaf</li> <li>● Broccoli Spears</li> <li>● Sweet Yeast Dinner Roll</li> <li>● Yogurt</li> <li>● Orange Wedges</li> <li>● 1 glass of water</li> </ul>
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	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

Monday (4/23)	<ul style="list-style-type: none"> <li>• Scrambled egg (eggs to order) on top of whole wheat toast</li> <li>• ½ grapefruit</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado Chicken Wrap</li> <li>• Sugar Snap Peas</li> <li>• Yogurt</li> <li>• Red Apple Slices</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Mango Mojo Pork Loin</li> <li>• Yukon Gold Mashed Potatoes</li> <li>• Roasted Brussel Sprouts</li> <li>• Yogurt with Pear Halves</li> <li>• 1 glass of water</li> </ul>
Tuesday (4/24)	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> <li>• Grits</li> <li>• Whole wheat toast</li> <li>• Banana</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Smoked BBQ Pork</li> <li>• Mashed Redskin Potatoes</li> <li>• Collard Greens</li> <li>• Yogurt with Diced Honeydew</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed Cheese Shells</li> <li>• Black Forest Chicken</li> <li>• Garlic Broccoli</li> <li>• Orange Wedges</li> <li>• 1 cup of skim milk</li> </ul>
Wednesday (4/25)	<ul style="list-style-type: none"> <li>• Oatmeal with banana and peanut butter</li> <li>• ½ grapefruit</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Dragon Pork Loin</li> <li>• Jasmine Rice</li> <li>• Sugar Snap Peas</li> <li>• Strawberry Yogurt</li> <li>• Pear Halves</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Salmon</li> <li>• Cilantro Lime Rice</li> <li>• Asparagus Tips</li> <li>• Yogurt</li> <li>• Red Apple Slices</li> <li>• 1 glass of water</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<b>Thursday</b> <b>(4/26)</b>	<ul style="list-style-type: none"> <li>• Whole wheat toast with peanut butter</li> <li>• Boiled egg</li> <li>• Honeydew</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Jumbo Ravioli with Wild Mushroom Sauce</li> <li>• Green Beans</li> <li>• Apple Sauce</li> <li>• Diced Honeydew</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Linguini with Sausage</li> <li>• Steamed Cabbage</li> <li>• Sweet Yeast Roll</li> <li>• 1 cup of skim milk</li> <li>• Apple Slices</li> </ul>
<b>Friday</b> <b>(4/27)</b>	<ul style="list-style-type: none"> <li>• Veggie omelet (peppers, onion, mushroom)</li> <li>• Grits</li> <li>• Banana</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Beef With Onions</li> <li>• Wild Rice</li> <li>• Crinkle Cut Carrots</li> <li>• Yogurt</li> <li>• Tropical Fruit Salad</li> <li>• 1 glass of water</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Cacciatore</li> <li>• Roasted Asparagus</li> <li>• Sweet Yeast Roll</li> <li>• Yogurt</li> <li>• Orange Wedges</li> <li>• 1 glass of water</li> </ul>
<b>Saturday</b> <b>(4/28)</b>	<ul style="list-style-type: none"> <li>• Sausage Links</li> <li>• Salad</li> <li>• Yogurt with Granola and Cantaloupe Slices</li> <li>• 1 glass of water</li> </ul>		<ul style="list-style-type: none"> <li>• Baked Ziti</li> <li>• Prince Edward Vegetable Blend</li> <li>• Pear Halves</li> <li>• 1 cup of skim milk</li> </ul>

	BREAKFAST	LUNCH	DINNER
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Wednesdays= Plant Forward

<b>Sunday</b> (4/29)	<ul style="list-style-type: none"> <li>• Green Pepper and Onion Omelet</li> <li>• Grits</li> <li>• Grapefruit</li> <li>• Yogurt</li> <li>• 1 glass of water</li> </ul>		<ul style="list-style-type: none"> <li>• Beef and Broccoli</li> <li>• Steamed Brown Rice</li> <li>• Yogurt</li> <li>• Orange Wedges</li> <li>• 1 glass of water</li> </ul>
<b>Monday</b> (4/30)	<ul style="list-style-type: none"> <li>• Oatmeal with banana and peanut butter</li> <li>• ½ grapefruit</li> <li>• 1 cup skim milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Yakisoba</li> <li>• Edamame Succotash</li> <li>• Yogurt with Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Smoked Pork</li> <li>• Jasmine Rice</li> <li>• Spinach Salad</li> <li>• Yogurt</li> <li>• Banana Slices</li> </ul>