



BREAKFAST

LUNCH

DINNER

MONDAY
4/1

Avocado on Whole Wheat Toast, Hard Boiled Egg, Vanilla Yogurt Topped with Honeydew

Plant Forward: Vegan Chorizo Burrito with Guacamole and Cheddar Cheese on top, with Mangoes

Black Bean Burger with Swiss Cheese on a Whole Wheat Bun, Green Beans, and Banana

TUESDAY
4/2

Omelet with Mushrooms and Peppers, Cottage Cheese with Mangoes, with a side of Zucchini Bread

Quinoa Bowl with Black Beans, Corn, Roasted Red Pepper, Chicken Strips, Goat Cheese, with a cup of Pineapple

Tofu Asian Noodle Bowl, Vanilla Yogurt Topped with Granola and Honeydew

WEDNESDAY
4/3

Fried Egg and Avocado Slices on whole wheat toast, Sprinkled with Cheddar Cheese and an apple

Plant Forward: Veggie Burger with Cheddar Cheese on Whole Wheat Bun, Yellow Squash and Onions, and Sliced Mangoes

Roasted Chicken, with side of Asparagus and Red Skin Mashed Potatoes, and a cup of Pineapple

THURSDAY
4/4

Scrambled eggs sprinkled with Cheddar Cheese and Avocado Chunks, a side of Yogurt with Granola and a Banana

Cali Quinoa bowl with Beef/Lamb Gyro Slices and Yogurt Sauce, a side of Honeydew

Chargrilled Portobello Burger on a Whole Wheat Bun and sprinkled with Cheddar Cheese, Fresh Zucchini and Onions, and a cup of Sliced Mangoes

FRIDAY
4/5

Hard Boiled Egg, Side of Kale, Oatmeal with Baked Apples, a Glass of Milk

Cheeseburger Meatloaf, Boom Boom Mashed Potatoes, Green Peas, Side of Red Grapes

Asiago Mac and Cheese, Baked Sweet Potato, Asparagus, a cup of Pineapple

SATURDAY
4/6

Fried egg on Whole Wheat Toast Sprinkled with Goat Cheese Crumble, with Vegetable Paella, and a Banana

Turkey Burger on Whole Wheat Bun, Oven Roasted Ranch Potatoes, Corn, and Sliced Mango

SUNDAY
4/7

Omelet with Peppers, Ham, and Cheddar Cheese, Yogurt with a Sprinkle of Granola, and Honeydew on the side

Creamy Polenta, topped with Corn, Roasted Red Pepper, Goat Cheese Crumble, Black Beans, and Chicken Strips, with a cup of Honeydew