



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**  
**11/1**

Hard-boiled egg, toasted whole wheat english muffin, herb-roasted mushrooms, pineapple, skim milk

Gyro with lamb, lettuce, tomato, and light tzatziki sauce, baby carrots, apple, cottage cheese

Herb chicken breast, broccoli, corn, side of yogurt with blueberries and granola

**SATURDAY**  
**11/2**

Omelet (ham, spinach, and cheese), side of oatmeal with strawberries and blueberries

Sandwich (whole grain bread with turkey, hummus, lettuce, and tomato), side of cottage cheese, apple

**SUNDAY**  
**11/3**

Scrambled eggs with black beans and salsa, broccoli florets, english muffin, strawberries, skim milk

Jasmine rice topped with edamame succotash, side of yogurt, and a banana



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## DINNER

**MONDAY**  
**11/4**

Whole grain toast topped with peanut butter and honey, side of yogurt with blueberries

Chicken breast with sherry tomato sauce, roasted asparagus, side of farfalle pasta with marinara, apple, skim milk

Spice-rubbed fish, side salad (leafy greens, carrots, tomatoes, quinoa, goat cheese crumble), pineapple, glass of skim milk

**TUESDAY**  
**11/5**

Oatmeal topped with raisins/brown sugar, apple, skim milk

Butternut squash and apple soup, whole grain toast, roasted vegetables, side of yogurt with blueberries

Korean japchae (stir fry), honey sriracha cod, side of cottage cheese, honeydew

**WEDNESDAY**  
**11/6**

Whole grain toast topped with avocado and eggs, side of yogurt with blueberries

Quinoa salad (quinoa, spring mix lettuce, cucumber, edamame) topped with grilled sesame chicken breast, apple, a glass of skim milk

Peruvian roasted chicken, green beans, ranch mashed potatoes,, watermelon, glass of skim milk

**THURSDAY**  
**11/7**

Hard boiled egg, whole grain toast, cottage cheese topped with fresh fruit

Black bean burger with avocado relish on whole grain bun, baked sweet potato wedges, pineapple, a glass of skim milk

Blackened fish, roasted potato medley, collard greens, corn, yogurt topped with blueberries

**FRIDAY**  
**11/8**

Scrambled eggs, chicken sausage patty, yogurt with granola and fresh fruit

Turkey burger with a slice of cheese on whole grain bun, broccoli florets, watermelon

Italian wedding soup, whole grain toast, side salad with red onion, strawberries, goat cheese, herb vinaigrette dressing, glass of skim milk

**SATURDAY**  
**11/9**

Omelette with mushrooms, onions and shredded cheese, side of yogurt, strawberries and blueberries

Sweet broccoli tofu over quinoa, succotash, yogurt with fresh fruit

**SUNDAY**  
**11/10**

Cajun cod, prince edward blend vegetables, greek potatoes, side of fresh fruit, glass of skim milk

Bang bang shrimp taco, honey carrots and green beans, apple, glass of skim milk



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**MONDAY**  
**11/11**

Oatmeal with brown sugar, raising, and sliced banana, a glass of skim milk

Shrimp and grits, fresh asparagus, side of fresh fruit, 1 cup yogurt

Herb baked fish, fresh vegetable saute, roasted red potatoes, cottage cheese with fresh pineapple

**TUESDAY**  
**11/12**

Whole grain toast, scrambled eggs topped with shredded cheddar cheese, grapefruit

Blackened fish, peppered mashed potatoes, roasted italian vegetables, strawberries, glass of skim milk

Asian chopped salad topped with edamame and other veggies of choice over quinoa, grilled pineapple, glass of skim milk

**WEDNESDAY**  
**11/13**

Boiled egg, whole grain toast, yogurt topped with fresh fruit

Herb crusted pork loin, roasted brussels sprouts, roasted baby redskin potatoes, fresh pineapple, 1 cup cottage cheese

Pesto chicken skewers, bowtie pasta salad, green beans, side of fresh fruit, glass of skim milk

**THURSDAY**  
**11/14**

Blackened chicken thigh, grits topped with cheddar cheese, grapefruit, glass of skim milk

Chicken cheese quesadilla, yellow squash and onions, sliced cucumber, side of fresh fruit

Homestyle turkey, baked sweet potato, collard greens, an apple, a glass of skim milk

**FRIDAY**  
**11/15**

Oatmeal with brown sugar and raisins, sliced apples, glass of skim milk

Grilled salmon with dill sauce over quinoa, side salad (lettuce, cucumber, red onion, roasted beets, goat cheese), fresh berries, glass of skim milk

Chicken tagine, herb roasted red potatoes, steamed cabbage, diced honeydew, a glass of skim milk

**SATURDAY**  
**11/16**

Omelette with peppers, onions, and cheese, whole grain toast, banana, glass of skim milk

Sweet broccoli tofu over quinoa, yogurt topped with blueberries

**SUNDAY**  
**11/17**

Sandwich on whole grain bread (deli turkey, slice of swiss cheese, lettuce, tomato), broccoli florets, apple

Tofu wild rice supreme, balsamic glazed baby carrots, zucchini & onions, side of fresh fruit, glass of skim milk



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## LUNCH

## DINNER

**MONDAY**  
**11/18**

Boiled egg, yogurt bowl with granola and fresh berries

Provencal fish, garlic broccoli, herb roasted red potatoes, fresh fruit, glass of skim milk

Turkey burger with a slice of cheese on whole grain bun, roasted cauliflower, asparagus, sliced watermelon

**TUESDAY**  
**11/19**

Blackened chicken thighs, grits with shredded cheese, banana

Southwest chicken panini, roasted italian vegetables, apple

Honey sriracha cod over quinoa, garlic kale, fresh fruit, glass of skim milk

**WEDNESDAY**  
**11/20**

Oatmeal with brown sugar and raisins, boiled egg, a glass of skim milk

Chicken noodle soup, whole grain toast, yogurt with blueberries

Grilled sesame chicken breast, thai barley stir fry, green beans, fresh pineapple, glass of skim milk

**THURSDAY**  
**11/21**

Whole grain toast with avocado and egg, cottage cheese with blueberries

Fresh salmon, farro salad, carrots, yogurt with fresh fruit

Marinated carved pork topped with mango coconut salsa over quinoa, roasted brussels sprouts, a glass of skim milk

**FRIDAY**  
**11/22**

Scrambled eggs with shredded cheese, chicken sausage patty, whole grain toast, grapefruit

Tilapia in spinach cream sauce over quinoa, honey carrots, sliced watermelon, glass of skim milk

Korean BBQ chicken taco, broccoli florets, yogurt with fresh berries

**SATURDAY**  
**11/23**

Omelette with mushrooms and cheese, whole grain toast, banana, glass of skim milk

Herb baked pork chop over quinoa, honey carrots, green beans, fresh fruit, glass of skim milk

**SUNDAY**  
**11/24**

Blackened chicken thigh, yogurt with granola and fresh berries

Chicken salad sandwich on whole grain bread, broccoli florets, sliced watermelons, glass of skim milk



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**MONDAY**  
**11/25**

Scrambled eggs, kale, grits, banana, skim milk

Bourbon glazed salmon, roasted cauliflower, brown rice, yogurt with fruit

Rice with brown stew chicken, corn, sweet potato wedges, skim milk

**TUESDAY**  
**11/26**

Oatmeal with blueberries, bananas, and peanut butter, skim milk

Vegetable stir fry with rice, blackened catfish, apple, yogurt

Omelette with veggies, rosemary potatoes, yogurt with fruit

**WEDNESDAY**  
**11/27**

Whole wheat toast with peanut butter and sliced banana, broccoli, skim milk

Pesto chicken skewer, brown rice, jalapeno slaw, yogurt with fruit

Caribbean chickpea curry, brown rice, green beans, side of fruit, skim milk

**THURSDAY**  
**11/28**

Oatmeal bowl with fresh fruit, peanut butter, and a drizzle of honey, 1/2 cup yogurt with a sprinkle of granola

Smoked bbq, chili lime potatoes, roasted Brussels sprouts, quinoa on bed of salad, glass of skim milk

Spinach salad with quinoa, black beans, green pepper, broccoli, cheese, and a light dressing, cup of fresh fruit

**FRIDAY**  
**11/29**

Whole grain toast with peanut butter and apple slices, glass of skim milk

Herb chicken breast, broccoli florets, 1/2 cup of fresh berries, yogurt with granola

Braised oxtail, herb roasted potatoes, collard greens, glass of skim milk, sliced banana

**SATURDAY**  
**11/30**

Loaded veggie omelette with cheese, assorted fresh fruit, slice of whole wheat toast

Turkey burger on whole grain bun with cheddar cheese, lettuce, and tomato, sliced apple with peanut butter

**SUNDAY**