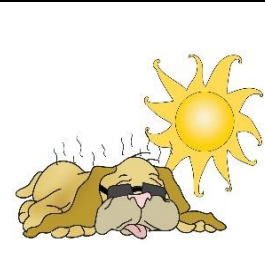
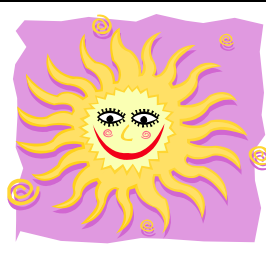


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage Choice: Milk, soymilk, juice, or bottled water. Menu is subject to change.			1 Pesto Chicken Pasta Whole Wheat Pasta Fresh Roma Tomatoes Fruit	2 Mexicali Chicken Bowl/Brown Rice Corn, Peppers, & Black Beans Fruit	3 Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	4 Lemon Maple Salmon Salmon Bowl Brown Rice Carrots, Edamame, and Broccoli Fruit
5 Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit	6 Lemon Spinach Alfredo w/Edamame Steamed Broccoli Peas Fruit	7 Mexicali Chicken Bowl/Brown Rice Corn, Peppers, & Black Beans Fruit	8 Chimichurri Grain Bowl w/Brown Rice and Diced Tomatoes Spinach Fruit	9 Sesame Chicken Salad Over Quinoa Spinach & Celery Fruit	10 Lemon Rice Pilaf w/Chickpeas & Edamame Broccoli Fruit	11 Mexican Street Corn Caesar Salad Elote Corn Steamed Broccoli Fruit
12 Lemon Maple Salmon Salmon Bowl Brown Rice Carrots, Edamame, and Broccoli Fruit	13 Sesame Chicken Salad Over Quinoa Spinach & Celery Fruit	14 Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	15 Chicken Burrito Bowl w/Brown Rice Roasted Corn and Salsa Verde Fruit	16 Chimichurri Grain Bowl w/Brown Rice and Diced Tomatoes Spinach Fruit	17 Broccoli Mac N' Cheese w/Edamame Broccoli and Green Onion Fruit	18 Vegan Yakisoba Noodle Bowl Tofu & Edamame Spinach & Carrots Fruit
19 Chimichurri Grain Bowl w/Brown Rice and Diced Tomatoes Spinach Fruit	20 Orange Ginger Tofu Bowl/Brown Rice Carrots, Cabbage, and Broccoli Fruit	21 Barley and Wild Rice with Roasted Tuna Tangy Coleslaw Fruit Cookie	22 Roast Beef & Cheddar Sandwich Veggie Salad w/Mint Fruit Muffin	23 Traditional Cobb Salad Fruit Cookie	24 Chicken Salad Sandwich 3-Bean Salad Fruit Muffin	25 Gumbo with Turkey Sausage & Chicken Cucumber & Jicama Fruit Cornbread Muffin
26 Carne Asada Bowl w/Cilantro Lime Rice Baby Carrots Fruit Corn Tortillas	27 Mediterranean Orzo Bowl w/Chicken Beet Cup Fruit Cookie	28 Steak, Barley & Kale Bowl Potato Salad Fruit Cookie	29 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	30 Black Bean Mango Couscous w/ Salmon Jicama & Cucumber Fruit Cookie	31 Turkey Sandwich Confetti Broccoli Cup Fruit Cookie	