

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soymilk, juice, or bottled water. Menu subject to change.				1 Pasta with Assorted Beans Beet Cup Fruit Cookie	2 Chickpea Salad Sand. Carrot Raisin Salad Fruit Muffin	3 Vegetarian Nutloaf Sandwich Mexican Macaroni Fruit Cookie
4 Chef's Choice Soup and Salad w/ Chickpeas Fruit	5 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	6 Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie	7 Chickpea Salad Sand. Cuke & Tomato Cup Fruit Muffin	8 Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit	9 Lentil Sloppy Joe Potato Salad Fruit Muffin	10 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Peach Yogurt
11 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	12 Chinese Tofu Salad Carrots Fruit Fortune Cookie	13 Barley and Wild Rice with Roasted Tofu Tangy Coleslaw Fruit Cookie	14 Mediterranean Sandwich Veggie Salad w/Mint Fruit Muffin	15 Traditional Vegetarian Cobb Salad Fruit Cookie	16 Chickpea Salad Sand. 3-Bean Salad Fruit Muffin	17 Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit
18 Cilantro Lime Rice Bowl with Beans Baby Carrots Fruit	19 Mediterranean Orzo Bowl with Tofu Beet Cup Fruit Cookie	20 Barley & Kale Bowl with Beans Potato Salad Fruit Cookie	21 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	22 Black Bean Mango Couscous Jicama & Cucumber Fruit Cookie	23 Chickpea Salad Sandwich Confetti Broccoli Cup Fruit Cookie	24 Veggie Pesto Sandwich Pepper/Bean Cup Fruit Cookie
25 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	26 Caesar Salad 3-Bean Salad Fruit Cookie	27 Veggie Sub Sandwich Baby Carrots Fruit Carrot Muffin	28 Southwest Salad w/Black Beans Celery Parsley Cup Fruit	29 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin	30 Chickpea Salad Sand 3-Bean Salad Fruit Cookie	