




| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Beverage choice: Milk, soy milk, juice, or bottled water. Menu subject to change. |  | 1 Barley & Kale Bowl with Beans Potato Salad Fruit Cookie | 2 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin | 3 Black Bean Mango Couscous Jicama & Cucumber Fruit Cookie | 4 Chickpea Salad Sandwich Confetti Broccoli Cup Fruit Cookie | 5 Veggie Pesto Sandwich Pepper/Bean Cup Fruit Cookie |
| 6 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit | 7 Caesar Salad 3-Bean Salad Fruit Cookie | 8 Veggie Sub Sandwich Baby Carrots Fruit Carrot Muffin | 9 Southwest Salad w/Black Beans Celery Parsley Cup Fruit | 10 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin | 11 Chickpea Salad Sand 3-Bean Salad Fruit Cookie | 12 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Cookie |
| 13 Soup of the Day & 1/2 sandwich Blk Bean Corn Salad Fruit | 14 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie | 15 Mediterranean Sandwich Carrot Raisin Salad Fruit Muffin | 16 Barley Kale Bowl with White Beans Potato Salad Fruit Cookie | 17 Orange Tofu with Udon Noodles and Edamame Jicama/Cucumber Fruit | 18 Chickpea Salad Sandwich Confetti Broccoli Fruit Cookie | 19 Veggie Pesto Sand. Pepper/Bean Cup Fruit Muffin |
| 20 Soup of the Day 1/2 Egg Salad Sand. Zucchini Cup Fruit | 21 Harvest Salad Carrots Fruit Cookie | 22 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin | 23 Lentil Sloppy Joe Veggie Blend Cup Fruit Muffin | 24 Pasta with Assorted Beans Beet Cup Fruit Cookie | 25 Chickpea Salad Sand. Carrot Raisin Salad Fruit Muffin | 26 Vegetarian Nutloaf Sandwich Mexican Macaroni Fruit Cookie |
| 27 Chef's Choice Soup and Salad w/ Chickpeas Fruit | 28 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie | 29 Cheese Cucumber Club Sandwich 3-Bean Salad Fruit Cookie | 30 Chickpea Salad Sand. Cuke & Tomato Cup Fruit Muffin | 31 Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit |  |  |