

Station	Thursday	Friday	Saturday	Sunday
<b>Grill</b>	Gardenburger on 100% Whole Grain Bread			Gardenburger on 100% Whole Grain Bread
	Lettuce, tomato, red onions, sauteed mushrooms			Turkey Hot Dog
	Apple Wedges			Lettuce, tomato, red onions, sauteed
	Carrots & Celery Sticks			Grilled Vegetables
				Caribbean Black Beans
<b>Pasta</b>	Whole Wheat Spaghetti			
<b>Exhibition</b>	Eggplant & Bean Casserole			Thai Red Curry & Vegetables
				Roasted Herbed Turkey
				Roasted Potatoes
				Brussel Sprouts & Carrots
<b>Homestyle</b>	Black Beans with Cumin	Spicy Corn & Tomatoes	Fresh Broccoli Spears	Sauteed Spinach
	Green Beans and Carrots	Green Beans with Almonds	Cauliflower	Southwestern Succotash
	Mashed Cauliflower with Roasted Garlic	California Blend Vegetables	Capri Blend Vegetables	Roasted Butternut Squash
	Yellow Summer Squash		Grilled Portobello Mushrooms	
<b>Pizza</b>				
<b>Salad</b>	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly
	Fruit and Plain Yogurt with Granola	Fruit and Plain Yogurt with Granola	Fruit and Plain Yogurt with Granola	Fruit and Plain Yogurt with Granola
<b>Meal Idea</b>	<b>Meal Idea</b>	<b>Meal Idea</b>	<b>Meal Idea</b>	<b>Meal Idea</b>
	1/4 plate Eggplant and Bean Casserole	Large Salad with Vegetables and Beans	Large Salad with Vegetables and Beans	1/4 plate Roasted Herb Turkey
	1/4 Whole Wheat Pasta Bar	Fruit and Yogurt with Granola	Fruit and Yogurt with Granola	1/4 plate Roasted Potatoes
	1/2 plate Homestyle Vegetables			1/4 plate Grilled Vegetables
				1/4 plate Roasted Butternut Squash

Station	Monday	Tuesday	Wednesday
<b>Grill</b>	Gardenburger on 100% Whole Grain Bread	Gardenburger on 100% Whole Grain Bread	Gardenburger on 100% Whole Grain
	Turkey Burger	Lettuce, tomato, red onions, sauteed mushrooms	Turkey Hot Dog
	Grilled Herb Chicken Sandwich	BBQ Pinto Beans	Grilled Herb Chicken Sandwich
	Lettuce, tomato, red onions, sauteed mushrooms	Steakhouse Potatoes	Lettuce, tomato, red onions, sauteed mushrooms
	Fresh Fruit Salad		Fresh Fruit Salad
<b>Pasta</b>			
<b>Exhibition</b>	Baked Herbed Tilapia	Thai Tofu Stir-Fry	Chicken with Lemon Artichoke Sauce
	Brown Rice	Parsley Potatoes	Brown Rice
	Garlic Roasted Broccoli	Country-Style Cabbage	Seasoned Corn
<b>Homestyle</b>	Cauliflower	Savory Rice Pilaf	Baked Cod Fish
	Seasoned Corn	Zucchini & Tomatoes	Roasted Red Potatoes
	Steamed Brussel Sprouts	Roasted Eggplant	Garlic Roasted Broccoli
	Orange Spiced Carrots	Peas with Mushrooms & Peppers	
<b>Pizza</b>			
<b>Salad</b>	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly	Dark Green Lettuce, Vegetables, Beans, Nuts, Seeds, Dressing sparingly
	Fruit and Plain Yogurt with Granola	Fruit and Plain Yogurt with Granola	Fruit and Plain Yogurt with Granola
<b>Meal Idea</b>	<b>Meal Idea</b>	<b>Meal Idea</b>	<b>Meal Idea</b>
	1/4 plate Baked Herb Tilapia	1/4 plate Thai Tofu Stir-Fry	1/4 plate Chicken with Lemon Arichoke Sauce
	1/4 plate Brown Rice	1/4 plate Parsley Potatoes	1/4 plate Brown Rice
	1/4 plate Garlic Roasted Broccoli	1/4 plate Zucchini and Tomatoes	1/4 plate Garlic Roasted Broccoli
	1/3 plate Orange Spiced Carrots	1/4 plate Roasted Eggplant	1/4 plate Seasoned Corn