



CHOOSE TO EAT WELL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A COMPLETE BREAKFAST
CONTAINS AT LEAST 3 WHOLESOME ITEMS
UN DESAYUNO COMPLETO CONTIENE AL MENOS 3 ALIMENTOS SALUDABLES

GRAINS CEREALES
PROTEIN PROTEÍNA
MILK LECHE

ONE MUST BE A 1/2 CUP FRUIT OR VEGGIE (AND ONE OR 1/2 TAZA DE FRUTAS + VERDURAS)

MEAL REQUIREMENTS

MUST PICK AT LEAST 3 ELIGE AL MENOS 3

MILK LECHE
PROTEIN PROTEÍNA
GRAINS CEREALES

ONE MUST BE A 1/2 CUP FRUIT OR VEGGIE (AND ONE OR 1/2 TAZA DE FRUTAS + VERDURAS)

1

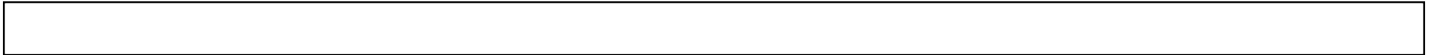
Spaghetti w/ Marinara Sauce & Mozzarella Cheese
Turkey & Bacon Club Sandwich
Cheese Pizza (V)

2

Orange Chicken Rice Bowl
Honey Pear Cranberry Yogurt Parfait (V)
Hawaiian Pizza

3

Beef, Bean, & Cheese Nachos
Pepperoni Pizza
Asian Edamame Salad (V)



7

Garden Blooms Pizza (V)
Chicken Enchilada Bake
Bacon Grilled Cheese

8

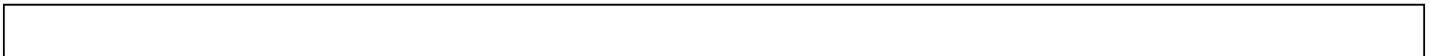
Veggie Burger (V)
Sriracha Chicken Wrap
Hot Honey Pepperoni Pizza

9

Cheeseburger
Nashville Hot Chicken Sandwich
Bean & Cheese Burrito (V)

10

Korean BBQ Chicken Sub
Cheese Pizza (V)
Chicken Caesar Salad



13

Caprese Chicken Wrap
Baked Penne Pasta (V)
Chicken Burrito Bowl

14

Bean & Cheese Burrito (V)
Buffalo Chicken Salad
Pepperoni Pizza

15

Crispy Chicken Sandwich
Spaghetti w/ Marinara Sauce w/ Mozzarella Cheese (V)
Orange Chicken Rice Bowl

16

Beef, Bean, & Cheese Nachos
Hot Honey Pepperoni Pizza
Honey Pear Cranberry Yogurt Parfait (V)

17

Asian Edamame Salad (V)
Cheeseburger
Hawaiian Pizza



20

Chicken Caesar Salad
Baked Penne Pasta (V)
Cheese Pizza (V)

21

Veggie Burger (V)
Chicken Enchilada Bake
Bacon Grilled Cheese

22

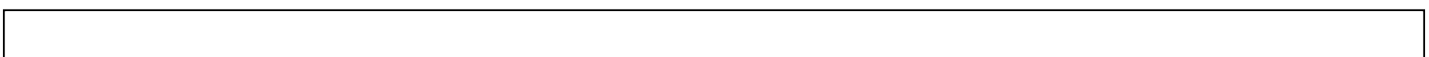
Turkey & Bacon Club Sandwich
Bean & Cheese Burrito (V)
Hot Honey Pepperoni Pizza

23

Nashville Hot Chicken Sandwich
Sriracha Chicken Wrap
Veggie Burger (V)

24

Korean BBQ Chicken Sub
Beef, Bean, & Cheese Nachos
Cheese Pizza (V)



27

Caprese Chicken Wrap
Baked Penne Pasta (V)
Cheeseburger

28

Chicken Burrito Bowl
Buffalo Chicken Salad
Garden Blooms Pizza (V)

29

Deli Submarine Sandwich
Spaghetti w/ Marinara Sauce & Mozzarella Cheese (V)
Chicken Caesar Salad

30

Orange Chicken Rice Bowl
Veggie Burger (V)
Hawaiian Pizza

31

Happy Halloween!!
Hot Honey Pepperoni Pizza
Korean BBQ Chicken Sub
Bean & Cheese Burrito (V)

MENU IS SUBJECT TO CHANGE