Vegan	Sun 10/15/17	Vegan	Sun 10/15/17	Vegan	Sun 10/15/17			
Please circle your selections.		Please circle your selections.		Please circle your selections.				
To Start Your	Dav	Appeti	70rs	Appetizers				
Fresh Banana Fresh Apple Applesauce	Grapefruit Sections Fresh Orange Diced Pears	Relish Plate	Hummus Dip	Vegetarian Vegetable Soup Balsamic Vinaigrette	Garden Salad Fat Free Catalina Dressing			
			Entrees (Select One) Burrito Platter		Entrees (Select One)			
Wheat Bread Wheat Bun	Corn Tortilla	Whole wheat tortilla with black beans, brown rice, onions & peppers with condiments on the side Vegan Sandwich Fresh vegetables topped with avocado slices and hummus		Vegetarian Burger Served on a wheat bun with condiments Rice Macaroni Rice pasta with vegan cheddar-style cheese				
Cereals		Vegetables & Starches		Vegetables & Starches				
Oatmeal Cornflakes Rice Chex	Cream of Wheat Cheerios Raisin Bran	Roasted Dinner Potatoes Steamed Whole Green Beans	Steamed Jasmine Rice Steamed Baby Carrots	Roasted Dinner Potatoes Brown Rice Seasonal Vegetable	Baked Potato Steamed Baby Carrots Potato Roll			
Breakfast Entr	Add-ons							
Tofu Breakfast Entrees Tofu Breakfast Scramble Scrambled tofu and onions seasoned with a spice mix Breakfast Wrap		Pico De Gallo Whole Cashews	Guacamole	Add- Pico De Gallo	ons Guacamole			
Whole wheat tortilla - circle choices of: Black beans Breakfast potatoes Diced onions Diced tomatoes Pico de Gallo on the side Breakfast Sides		Desserts		Desserts				
		Fresh Apple Seasonal Fruit	Fresh Orange Diced Peaches	Fresh Banana Applesauce Strawberry Sorbet	Red Seedless Grapes Tropical Gelatin Shortbread Cookies			
Breakfast Potatoes	Whole Almonds	Bevera	ages	·				
Beverages Vanilla Soy Milk Rice Milk Cranberry Juice	Vanilla Almond Milk Orange Juice	Vanilla Almond Milk Vanilla Soy Milk	Rice Milk	Vanilla Almond Milk Vanilla Soy Milk	ages Rice Milk			
Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3			

Vegan	Mon 10/16/17	Vegan	Mon 10/16/17	Vegan	Mon 10/16/17	
Please circle your selections.		Please circle your selections.		Please circle your selections.		
To Start Your Day		Appetizers		Appetizers		
Fresh Banana Fresh Apple Applesauce	Grapefruit Sections Fresh Orange Diced Pears	Relish Plate	Hummus Dip	Vegetarian Vegetable Soup Balsamic Vinaigrette	Garden Salad Fat Free Catalina Dressing	
		Entrees (Select One) Mexican Bowl		Entrees (Select One)		
Wheat Bread Wheat Bun	Corn Tortilla	Tofu sauted with spinach, brown rice, black beans, salsa and seasonings with avocado on the side Vegan Sandwich Fresh vegetables topped with avocado slices and hummus		Pasta Marinara Spaghetti noodles served with garden marinara and broccoli Peanut Butter and Jelly Sandwich Peanut butter and jelly served on wheat bread or bun		
Cereals	One are of Wheet	Vegetables & Starches		Vegetables & Starches		
Oatmeal Frosted Flakes Rice Chex	Cream of Wheat Cheerios Raisin Bran	Roasted Dinner Potatoes Steamed Whole Green Beans	Steamed Jasmine Rice Steamed Baby Carrots	Roasted Dinner Potatoes Brown Rice Seasonal Vegetable	Baked Potato Steamed Baby Carrots Potato Roll	
Add-ons Breakfast Entrees Pice De Celle Guerrande						
Tofu Saute Tofu sauted with vegetables and seasoned with soy sauce Breakfast Wrap		Pico De Gallo Whole Cashews	Guacamole	Add-c Pico De Gallo	Ons Guacamole	
Whole wheat tortilla - circle choices of: Black beans Breakfast potatoes Diced onions Diced tomatoes Pico de		Desserts		Desserts		
Gallo on the side		Fresh Apple Seasonal Fruit	Fresh Orange Diced Pears	Fresh Banana Applesauce Lemon Sorbet	Red Seedless Grapes Strawberry Gelatin Oreo Cookies	
Breakfast Sides Breakfast Potatoes	Whole Almonds	Bevera	ges	256 56.26.	0.00 00000	
Beverages Vanilla Soy Milk	Vanilla Almond Milk	Vanilla Almond Milk Vanilla Soy Milk	Rice Milk	Vanilla Almond Milk Vanilla Soy Milk	ages Rice Milk	
Rice Milk Cranberry Juice	Orange Juice					
Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3	

Vegan	Tue 10/17/17	Vegan	Tue 10/17/17	Vegan	Tue 10/17/17
Please circle your selections.		Please circle your selections.		Please circle your selections.	
To Start Your D Fresh Banana Fresh Apple	Grapefruit Sections Fresh Orange Diced Pears	Appeti Relish Plate	zers Hummus Dip	Apper Vegetarian Vegetable Soup Balsamic Vinaigrette	tizers Garden Salad Fat Free Catalina Dressing
Applesauce Breads Wheat Bread Wheat Bun	Corn Tortilla	Entrees (Select One) Asian Stir Fry Vegetables and tofu served with a flavorful stir fry sauce. Vegan Sandwich Fresh vegetables topped with avocado slices and hummus		Entrees (Select One) Vegan Burger Burrito Platter Whole wheat tortilla filled with brown rice, black beans & chopped vegan patty burger with condiments on the side Roasted Vegetable Pizza A rice crust pizza with artichokes, bell peppers, onions and mushrooms	
Cereals Oatmeal Cornflakes Rice Chex	Cream of Wheat Cheerios Raisin Bran	Vegetables & Roasted Dinner Potatoes Steamed Whole Green Beans Add-c	Steamed Jasmine Rice Steamed Baby Carrots	Vegetables Roasted Dinner Potatoes Brown Rice Seasonal Vegetable	
Breakfast Entre Tofu Breakfast Scra Scrambled tofu and onions seasone Breakfast Wrap Whole wheat tortilla - circle of Black beans Breakfast potatoes Diced onion Gallo on the side	mble d with a spice mix shoices of:	Pico De Gallo Whole Cashews Desse Fresh Apple Seasonal Fruit	Guacamole erts Fresh Orange Diced Peaches	Add-Pico De Gallo	Guacamole
Breakfast Side Breakfast Potatoes	es Whole Almonds	Bevera Vanilla Almond Milk Vanilla Soy Milk		Fresh Banana Applesauce Strawberry Sorbet Bever	
Vanilla Soy Milk Rice Milk Cranberry Juice	Vanilla Almond Milk Orange Juice			Vanilla Almond Milk Vanilla Soy Milk	Rice Milk
Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3	Publishing, Vegan	Test Room 3