





STOP
think about eating a smaller portion
BLOW
balance your meal with green choices
GO
eat all you want!

	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> ● Baked Chicken Nuggets ● Rice Pilaf ● Vegetable of the day 	<ul style="list-style-type: none"> ● Pizza Bagels ● Pepperoni Bagels ● Roasted Potatoes ● Vegetable of the day 	<ul style="list-style-type: none"> ● Beef Tacos ● Turkey Tacos ● Fiesta Rice ● Vegetable of the day 	<ul style="list-style-type: none"> ● Grilled Cheese on Sourdough ● Baked Onion Rings ● Vegetable of the day 	<ul style="list-style-type: none"> ● Macaroni and Cheese ● Shoestring Fries ● Vegetable of the Day
	<ul style="list-style-type: none"> ● Watermelon 	<ul style="list-style-type: none"> ● Cinnamon Roll with Icing 	<ul style="list-style-type: none"> ● Carnival Cookies 	<ul style="list-style-type: none"> ● Brownies 	<ul style="list-style-type: none"> ● Raspberry Churros