





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 ● Rice Pilaf ● Vegetable of the day 	<ul style="list-style-type: none"> ● Classic Lasagna ● Roasted Potatoes ● Vegetable of the day 	<ul style="list-style-type: none"> ● Cheese Pizza ● Pepperoni Pizza ● Country Mashed Potatoes ● Vegetable of the day 	<ul style="list-style-type: none"> ● Bbq Pulled Pork ● Pasta with Marinara Sauce ● Vegetable of the day 	<ul style="list-style-type: none"> ● Hamburgers Hot dogs ● Spicy Black Bean Burger ● Shoestring Fries ● Corn on the Cob ● Vegetable of the Day
	<ul style="list-style-type: none"> ● Watermelon 	<ul style="list-style-type: none"> ● Chocolate Chip Cookies 	<ul style="list-style-type: none"> ● Chocolate Cake 	<ul style="list-style-type: none"> ● Raspberry Churros 	<ul style="list-style-type: none"> ● Brownies