Three Week Cycle	Day of Week	Option 1	Option 2	Vegetarian (Option 3)	Vegan (Option 4)	Side (Vegetable)	Side (Fruit)	Side (Carb, etc)	Dessert (1)	Drink
18-Apr	Sun/lun	Sausage Egg Bagel Sandwich	Breakfast Sausage Bake	Egg & Cheese Bagel Sandwich	Vegan Broccoli Quiche	Baked Apples/ Vegan Baked Apple	Pears	Baked Chunky Hash Brown Potato	Triple Chocolate Cookie/Vegan No Bake Bar	Bottled water
18-Apr	Sun/din	Carved Ham	Chicken and Noodles	____	Vegetables and Noodles	California Blend Vegetables	Honeydew	Loaded Mashed Potatoes/ Vegan Loaded Mashed Potatoes	Strawberry Oatmeal Bar/Vegan Brownies	Bottled water
19-Apr	Mon/lun	Pepperoni and Cheese Pizza Sub	Ham and Noodle-Au Gratin	Cheese Pizza Sub	Vegan Spiced Lentils and Rice	Zucchini Squash	Applesauce	_____	Sugar Cookie/Vegan Rice Krispie Treat	Bottled water
19-Apr	Mon/din	Honey Dijon Chicken Breast	BBQ Pork Mac and Cheese	____	Vegan Chicken Breast	Broccoli	Sliced Peaches	Quartered Redskin Potatoes/ Plain Redskin Potatoes	Blueberry Cheesecake Bar/Vegan Thin Mints	Bottled water
20-Apr	Tues/lun	Chicken Chimichangas	Garlic and Beef Broccoli	____	Vegan Chimichanga w/soy crumbles	Whole Kernel Corn	Cantaloupe	Steamed Rice	Chocolate Chip Cookie/Vegan Chip Cookie	Bottled water
20-Apr	Tues/din	Baked Enchilada	Cheese Lasagna	Vegetable Enchilada	Vegan Cincinnati Chili	Sugar Snap Peas	Applesauce	____	Brownie/ Vegan Brownie	Bottled water
21-Apr	Wed/ lun	Chicken Quesadiila w/salsa	Pork Carnitas	____	Vegan Quesadilla	Whole Kernel Corn	Apple	Vegetable Orzo/Vegan Orzo	Chocolate Chip Cookie/Vegan Cookie	Bottled water
21-Apr	Wed/din	Memphis Pork Ribs	Grilled Chicken Breast	Vegetable Quiche	Vegan Chicken Broccoli	Baked Beans	Cantaloupe	Potato Salad/Vegan Potato Salad	Lemon Cheese Bar/Vegan Rice Puffs	Bottled water
22-Apr	Thur/lun	Italian Sub	Pulled Chicken w/Bun	Veggie Sub	Vegan Grilled Tofu Po Boy Sandwich	Mixed Vegetables	Orange	Macaroni Salad/Vegan Macaroni Salad	Sugar Cookie/Vegan No Bake Bar	Bottled water
22-Apr	Thur/din	Chicken Parmesan	Carved Ham	____	Vegan Chix Parmesan	Cauliflower	Pineapple Chunks	Parsley Buttered Potatoes/Plain Potatoes	Magic Cookie Bar/Vegan Carrot Cake	Bottled water
23-Apr	Fri/lun	Beef Taco w/taco shell, lettuce, tomato, cheese, sour cream	Blackened Chicken Salad Croissant	____	Vegan Quinoa Taco w/taco shell, lettuce , vegan cheese, tomato ,tofutti, sour cream	Peas & Carrots	Mixed Fruit	Potato Rounds/Baked Potato for vegan	Oatmeal Cookie/Vegan Thin Mint	Bottled water
23-Apr	**Fri/din LAST MEAL**	Meatloaf	Country Fried Pork Steak	Vegetable Stuffed Peppers	Vegan Black Bean Stuffed Peppers	Green Beans	Orange	Mashed Potatoes/Vegan gravy/beef gravy	Rice Krispie Treat/Vegan Rice Krispie Bar	Bottled water