






3/15/10-3/18/10



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

	Monday	Tuesday	Wednesday	Thursday
	<ul style="list-style-type: none"> ● Vegetable Noodle Soup 		<ul style="list-style-type: none"> ● Broccoli Cheddar Soup 	
	<ul style="list-style-type: none"> ● Coleslaw 	<ul style="list-style-type: none"> ● Black Bean & Corn Salad 	<ul style="list-style-type: none"> ● Garden Salad 	<ul style="list-style-type: none"> ● Caesar Salad
 Vegetarian Entrée	<ul style="list-style-type: none"> ● All American Sloppy Joes ● Kettle Chips ● Steamed Carrots <ul style="list-style-type: none"> ● Chesse Stuffed Portabello Mushroom 	<ul style="list-style-type: none"> ● Chicken & Sausage Jambalya ● Corn Bread ● Sautéed Zucchini <ul style="list-style-type: none"> ● Vegetable Jambalaya 	<ul style="list-style-type: none"> ● Cold Cuban Sandwiches ● Kettle Chips ● Peas & Carrots <ul style="list-style-type: none"> ● Cucumber & Red Pepper Sandwiches 	<ul style="list-style-type: none"> ● Stuffed Shells with Pink Sauce ● Garlic Bread ● Steamed Broccoli <ul style="list-style-type: none"> ● Stuffed Shells
				
	<ul style="list-style-type: none"> ● Sugar Cookies 	<ul style="list-style-type: none"> ● Vanilla Pudding 	<ul style="list-style-type: none"> ● Lemon Ice 	<ul style="list-style-type: none"> ● Chocolate Chip Cookies