






2/8/10-2/11/10



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"> ● Italian Wedding Soup 		<ul style="list-style-type: none"> ● Roast Chicken & Wild Rice Soup 	
	<ul style="list-style-type: none"> ● Romaine Lettuce with ● Caesar Salad Toppings 	<ul style="list-style-type: none"> ● Garden Salad 	<ul style="list-style-type: none"> ● Mango Salsa 	<ul style="list-style-type: none"> ● Tabbouleh
 Vegetarian Entrée	<ul style="list-style-type: none"> ● Pizza Bagels ● Asparagus with Lemon 	<ul style="list-style-type: none"> ● Ziti with Bolognese Sauce ● Garlic Bread ● Steamed Carrots 	<ul style="list-style-type: none"> ● Chicken Fajitas ● Rice & Beans ● Corn on the Cob 	<ul style="list-style-type: none"> ● French Dip with Au Jus ● Hand-Cut Baked French Fries ● Ratatouille
				
	<ul style="list-style-type: none"> ● Chocolate Ice Cream 	<ul style="list-style-type: none"> ● Cherry Jello 	<ul style="list-style-type: none"> ● Oatmeal Cookies 	<ul style="list-style-type: none"> ● Krispy Treats