K12

MENU

WEEK ONE

BREAKFAST

Monday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday

- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough Hummus

Wednesday

- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie Oatmeal

Thursday

- Old-Fashioned Apple-Pie Oatmeal
- Chocolate Chip Cookie Dough Hummus

Friday

- Breakfast Sushi
- Overnight Oats Breakfast Bowl

#ForwardFoodChallenge
Monday
- Kick’n Chick’n Salad
- Sizzling Street Tacos with Cilantro Crema
- Loaded Beach Burger
- Fiesta Rice & Beans Bowl

Tuesday
- Black Bean Burrito Bowl
- Amazing Lo Mein
- Buddha Bowl

Wednesday
- Crazy Chickpea Salad Wrap
- Sweet Sloppy Joes with Lentils
- Sizzling Street Tacos with Cilantro Crema
- Energizing Edamame & Rice Shaker

Thursday
- Buffalo Chickpea Bowl
- Bahn Mi Bowl
- Savory Shepherd’s Pie

Friday
- Rainbow Hummus Bowl
- Tropical Tofu with Pineapple & Rice
- Cool Corn Edamame Salad
- Zesty Pasta Salad

#ForwardFoodChallenge
Monday
- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday
- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough Hummus

Wednesday
- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie Oatmeal

Thursday
- Old-Fashioned Apple-Pie Oatmeal
- Chocolate Chip Cookie Dough Hummus

Friday
- Breakfast Sushi
- Overnight Oats Breakfast Bowl

#ForwardFoodChallenge
Monday
- Lo Mein Noodle Bowl
- Mediterranean Flatbread with Hummus
- Mighty Marinara with Tempeh

Tuesday
- BBQ Nacho Bowl
- Amazing Lo Mein
- Tropical Tofu with Pineapple & Rice

Wednesday
- Enchilada Chili Bowl
- Sizzling Street Tacos with Cilantro Crema
- Crazy Chickpea Salad

Thursday
- Bahn Mi Bowl
- Crunchy Thai Salad Shaker
- Sweet Sloppy Joes with Lentils

Friday
- Chana Masala
- Spinach and Artichoke Flatbread with Lemon Garlic Hummus
- Super Sweet Potato & Black Bean Chili

#ForwardFoodChallenge
Monday
- Breakfast Sushi
- Overnight Oats Breakfast Bowl

Tuesday
- Overnight Oats Breakfast Bowl
- Chocolate Chip Cookie Dough Hummus

Wednesday
- Chocolate Chip Cookie Dough Hummus
- Old-Fashioned Apple-Pie Oatmeal

Thursday
- Old-Fashioned Apple-Pie Oatmeal
- Chocolate Chip Cookie Dough Hummus

Friday
- Breakfast Sushi
- Overnight Oats Breakfast Bowl
<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>Monday</td>
<td>- Amazing Lo Mein</td>
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<td>- Mighty Marinara with Chickpeas</td>
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<td>- Crunchy Thai Salad Shaker</td>
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<tr>
<td>Tuesday</td>
<td>- Tropical Tofu with Pineapple &amp; Rice</td>
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<td>- Sweet Sloppy Joes with lentils</td>
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<td>- Protein Packed Two Bean Chili</td>
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<td>Wednesday</td>
<td>- Mediterranean Flatbread with Hummus</td>
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<td>- Buddha Bowl</td>
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<td>- Spinach and Artichoke Flatbread with Lemon Garlic Hummus</td>
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<td>Thursday</td>
<td>- Protein Packed Pasta Marinara</td>
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<td>- Bahn Mi Bowl</td>
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<td>- Flavor Packed Ramen</td>
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<td>Friday</td>
<td>- Protein Packed Chili with Tempeh</td>
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<td>- Sizzling Street Tacos with Cilantro Crema</td>
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<td>- Spectacular Sweet Potato Burrito</td>
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