

# 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

# K12

# MENU

WEEK ONE  
LUNCH



#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](#)

# K12

# MENU

WEEK TWO  
BREAKFAST



#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](#)

# K12

# MENU

WEEK TWO  
LUNCH



## 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

# K12

# MENU

WEEK THREE  
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

# K12

# MENU

WEEK THREE  
LUNCH



## Monday

- [Amazing Lo Mein](#)
- [Mighty Marinara with Chickpeas](#)
- [Crunchy Thai Salad Shaker](#)

## Tuesday

- [Tropical Tofu with Pineapple & Rice](#)
- [Sweet Sloppy Joes with lentils](#)
- [Protein Packed Two Bean Chili](#)

## Wednesday

- [Mediterranean Flatbread with Hummus](#)
- [Buddha Bowl](#)
- [Spinach and Artichoke Flatbread with Lemon Garlic Hummus](#)

## Thursday

- [Protein Packed Pasta Marinara](#)
- [Bahn Mi Bowl](#)
- [Flavor Packed Ramen](#)

## Friday

- [Protein Packed Chili with Tempeh](#)
- [Sizzling Street Tacos with Cilantro Crema](#)
- [Spectacular Sweet Potato Burrito](#)

#ForwardFoodChallenge