






**STOP**  
think about eating a smaller portion  
**SLOW**  
balance your meal with green choices  
**GO**  
eat all you want!

Week 1 Cycle 1 2010

	Saturday 9/4/10	Sunday 9/5/10	Monday 9/6/10	Tuesday 9/7/10	Wednesday 9/8/10	Thursday 9/9/10	Friday 9/10/10
<b>Breakfast</b>							
	Continental Breakfast	Breakfast 9 - 10	<ul style="list-style-type: none"> <li>• Chicken Biscuits</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Hash Brown Patty</li> <li>• Bran Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast</li> <li>• Cheesy Scrambled Eggs</li> <li>• Sausage Patty</li> <li>• Grits</li> <li>• Fresh Croissants</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Chip Pancakes</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Breakfast Potatoes</li> <li>• Fresh Cinnamon Rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Egg McMuffin</li> <li>• Western Scramble</li> <li>• Canadian Bacon</li> <li>• Grits</li> <li>• Blueberry Turnovers</li> </ul>	<ul style="list-style-type: none"> <li>• Waffle Bar</li> <li>• Scrambled Eggs</li> <li>• Sausage Links</li> <li>• Home Fries</li> <li>• Cranberry Orange Muffins</li> </ul>
<b>Daily Specials</b>							
			<ul style="list-style-type: none"> <li>• Macaroni Salad</li> <li>• Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Grapes &amp; Melon</li> <li>• Cranberry Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Orzo Pasta Salad</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Sesame Noodles</li> <li>• Ham Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Sesame Snow Peas</li> </ul>
			<ul style="list-style-type: none"> <li>• Roast Turkey Breast</li> <li>• Cheddar Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Buffet Ham</li> <li>• Yellow American Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken Breast</li> <li>• Dill Havarti Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Turkey Breast</li> <li>• Provolone Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Buffet Ham</li> <li>• Yellow American Cheese</li> </ul>
Vegetarian Soup			<ul style="list-style-type: none"> <li>• White Chili</li> <li>• Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>• She Crab Soup</li> <li>• Mushroom Barley Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Wedding Soup</li> <li>• Split Pea Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• Artichoke &amp; Chickpea Stew</li> </ul>	<ul style="list-style-type: none"> <li>• Muligatawny Soup</li> <li>• Cream of Spinach Soup</li> </ul>
<b>Lunch</b>							
	Registration Day Luncheon	Lunch 11:30 – 1:00	<ul style="list-style-type: none"> <li>• Sweet &amp; Sour Chicken</li> <li>• Shrimp Lo Mein</li> <li>• Fried Rice</li> <li>• Snow Peas &amp; Mushrooms</li> <li>• Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Mangia! Mangia! Pizza</li> <li>• Buffalo Chicken Wings</li> <li>• Pasta with Garlic &amp; Herbs</li> <li>• Fresh Steamed Vegetables</li> <li>• Roasted Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Pulled Chicken Sandwich</li> <li>• BBQ Pulled Pork</li> <li>• Macaroni &amp; Cheese</li> <li>• Confetti Vegetables</li> <li>• Fresh Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Club Wrap</li> <li>• Warm Steak &amp; Cheese Wrap</li> <li>• Chicken &amp; Wild Rice Casserole</li> <li>• Fresh Yellow Squash</li> <li>• Fresh Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Lasagna</li> <li>• Baked Cod</li> <li>• Garlic Bread</li> <li>• Turnip Greens</li> <li>• Fresh Steamed Cauliflower</li> </ul>
Vegetarian Entrée			<ul style="list-style-type: none"> <li>• Vegetable Egg Rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Green Bean Casserole</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Wrap</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Lasagna</li> </ul>
				<ul style="list-style-type: none"> <li>• Vegetable Crudite with Ranch Dip</li> </ul>			
			<ul style="list-style-type: none"> <li>• Novelty Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Devil's Food Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Baked Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Pound Cake</li> </ul>
<b>Dinner</b>							
	Registration Day Cookout Dinner	Dinner 5:45 – 6:30	<ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Pub Fried Fish</li> <li>• French Fries</li> <li>• Fresh Green Beans</li> <li>• Fresh Sauteed Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Pork Loin &amp; Honey Apple Glaze</li> <li>• Hot Turkey &amp; Cheese Subs</li> <li>• Seasoned Barley</li> <li>• Fresh Spinach &amp; Garlic</li> <li>• Succotash</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Meatballs</li> <li>• Spinach Cheese Tortellini</li> <li>• Fresh Asparagus</li> <li>• Peas &amp; Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Chicken Breast</li> <li>• Fried Catfish</li> <li>• Rice Pilaf</li> <li>• Fresh Steamed Asparagus</li> <li>• Carrots with Dijon</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dogs</li> <li>• Burgers</li> <li>• Baked Beans</li> <li>• Frech Corn on the Cobb</li> <li>• Fresh Steamed Broccoli</li> </ul>
Vegetarian Entrée			<ul style="list-style-type: none"> <li>• Vegetable Fiesta Skillet</li> </ul>	<ul style="list-style-type: none"> <li>• Quinoa with Chickpeas &amp; Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Garden Rotini</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli Casserole</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Burgers</li> </ul>
			<ul style="list-style-type: none"> <li>• M &amp; M Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Rice Krispies Treats with Sprinkles</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Bars</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Covered Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Monkey Bars</li> </ul>