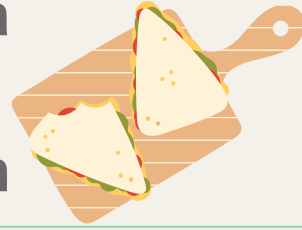


MyPlate Menu

Vegetarian Options

**Monday: Veggie Quesadilla
with Fresh Fruit**



Snack: Mexican Street Corn

**Tuesday: Veggie Frittata
with Homemade Salsa**



Snack: Spiced Edamame

**Wednesday: Spinach Baked
Ziti with Strawberry Fields
Salad**



**Snack: Oatmeal Cranberry
Chocolate Chip Cookies**

**Thursday: Cheesey
Casserole with Rainbow
Fruit Salad & Yogurt Dip**



**Snack: Berry Delicious
Smoothie**

**Friday: Black Bean Taquitos with
Creamy Avocado Salad**



Snack: Longhorn Trail Mix

Please be aware that foods used in the kitchen may contain or come into contact with common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, sesame, fish or shellfish. Please inform Dr. Hernandez of any food allergies.