



Vegetarian lunch – December, 2018

12/3 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	12/4 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	12/5 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	12/6 Gardenburger Bean medley +Whole wheat roll Fresh fruit	12/7 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
12/10 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	12/11 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	12/12 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	12/13 Lo Mein w/scrambled egg & Oriental vegetables +Whole wheat bread/butter Fresh fruit	12/14 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
12/17 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	12/18 +Whole wheat pizza Garden salad Fresh fruit	12/19 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	12/20 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	12/21 +Beans & Brown rice Tossed salad Tortilla Fresh fruit
12/24 +Broccoli & cheddar quinoa w/brown rice Salad Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS DAY HOLIDAY *****	12/26 +Spaghetti & tomato sauce w/soy Grated cheese Spinach salad Fresh fruit	12/27 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	12/28 +Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
12/31 Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit				

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan



Vegetarian lunch – January, 2019

	1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****	1/2 +Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	1/3 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	1/4 Lasagna Tossed salad Fresh fruit
1/7 Teriyaki patty Grated cheese Tossed salad Fresh fruit	1/8 Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	1/9 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	1/10 Gardenburger Bean medley +Whole wheat roll Fresh fruit	1/11 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
1/14 Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	1/15 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	1/16 Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	1/17 Lo Mein w/scrambled egg & Oriental vegetables +Whole wheat bread/butter Fresh fruit	1/18 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
1/21 ***** CLOSED FOR MARTIN LUTHER KING JR DAY *****	1/22 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	1/23 +Whole wheat pizza Garden salad Fresh fruit	1/24 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	1/25 +Beans & Brown rice Tossed salad Tortilla Fresh fruit
1/28 +Broccoli & cheddar quinoa w/brown rice Salad Fresh fruit	1/29 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	1/30 +Spaghetti & tomato sauce w/soy Grated cheese Spinach salad Fresh fruit	1/31 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan