



# Vegetarian Menu



Whole Milk 3.25% Fat Content (ages:1-2)  
Skim Milk- 0% Fat Content (Ages:2 and up)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/27 Macaroni & Cheese Carrot Mash Mixed Melon WG Roll*	11/28 Egg and Cheese Frittata WG French Toast* Oven Browned Potatoes Banana	11/29 Rotini Pasta & "Meat" Sauce Broccoli Honeydew Dinner Roll*	11/30 Bean & Cheese Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Pineapple WG Soft Flour Tortilla*	12/1 WG Cheese Ravioli* in Marinara Sauce Green Beans Diced Fresh Fruit WG Bread*
12/4 Vegetarian Bean Chili Steamed Rice Green Peas Diced Peaches WG Corn Bread*	12/5 Red Beans & Rice Broccoli Honeydew WG Bread*	12/6 Cheese Quesadilla on WG Soft Flour Tortilla* Steamed Rice Cauliflower Applesauce	12/7 Vegetarian Sloppy Joe Baked French Fries Sauteed Cabbage Pine Melon WG Bun*	12/8 Macaroni & Cheese Roasted Green Beans Diced Fresh Fruit WG Bread*
12/11 Macaroni & Cheese Diced Carrots Pineapple Dinner Roll*	12/12 Bean & Cheese Tacos Shredded Cheddar Cheese Spanish Black Beans Broccoli Watermelon WG Soft Flour Tortilla*	12/13 Macaroni & Cheese Roasted Vegetables Diced Peaches WG Bread*	12/14 Scrambled Eggs WG Pancakes* Honey Syrup Baked Sliced Potatoes Pear	12/15 WG Cheese Pizza* Cauliflower Diced Fresh Fruit
12/18 Vegetarian Baked Mostaccioli Corn Honeydew WG Roll*	12/19 Cheese Quesadilla on WG Soft Flour Tortilla* Steamed Rice Broccoli Banana	12/20 Macaroni & Cheese Green Peas Pineapple WG Dinner Roll*	12/21 Bean & Cheese Nachos Shredded Cheddar Cheese Sour Cream Spanish Rice Diced Carrots Orange WG Corn Tortilla Chips*	12/22 WG Cheese Pizza* Brussel Sprouts Diced Fresh Fruit

**Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.**

Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

**(\*) Denotes item is WHOLE GRAIN**

Menus are subject to change



[www.qualitycateringforkids.com](http://www.qualitycateringforkids.com)