



VEGETARIAN MENU



UNFLAVORED WHOLE MILK 3.25% FAT CONTENT (AGES 1-2)
 UNFLAVORED SKIM MILK-0% FAT CONTENT (AGES: 2 AND UP)
 LACTOSE-FREE MILK 1% (AGES: 2 AND UP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CLOSED	CLOSED	CLOSED
6	7	8	9	10
CLOSED	VEGETARIAN MEAT SAUCE SPAGHETTI NOODLES ROASTED VEGETABLES BANANA WG WHEAT BREAD*	BEAN & CHEESE TACO REFRIED BEANS SHREDDED CHEDDAR CHEESE SPANISH BLACK BEANS DICED CARROTS ORANGE WG SOFT FLOUR TORTILLA*	EGG & CHEESE FRITTATA WG CINNAMON FRENCH TOAST HONEY SYRUP DICED PARSLEY POTATOES GREEN BEANS PEAR	EGG SALAD SANDWICH BBQ BAKED BEANS CAULIFLOWER MELON MIX WG BUN*
13	14	15	16	17
CHEESY VEGETARIAN MOSTACCIOLI DICED CARROTS APPLE WG DINNER ROLL*	VEGETARIAN SLOPPY JOE ROASTED RAINBOW POTATOES BROCCOLI BANANA DELICIOUS-MADE WG BUN*	MACARONI & CHEESE ROASTED VEGETABLES RANCH DRESSING ORANGE WG WHEAT BREAD*	CHEESE QUESADILLA* CILANTRO CAULIFLOWER RICE CORN PEAR	WG CHEESE RAVIOL IN MARINARA SAUCE GREEN BEANS MELON MIX WG WHEAT BREAD
20	21	22	23	24
VEGETARIAN BEAN CHILI PENNE PASTA BRUSSEL SPROUTS APPLE WG DINNER ROLL	RED BEANS & RICE BROCCOLI BANANA WG WHEAT BREAD	MACARONI & CHEESE SAUTEED CABBAGE RANCH DRESSING ORANGE WG WHEAT BREAD	WG WAFFLE* SCRAMBLED EGGS HONEY SYRUP BAKED SLICED POTATOES DICED CARROTS PEAR	VEGETARIAN SLOPPY JOE BAKED SWEET POTATO FRIES GREEN BEANS MELON MIX WG BUN
27	28	29	30	
CHEESY POTATO CASSEROLE DICED CARROTS APPLE WG DINNER ROLL	VEGETARIAN BEAN CHILLI ROTINI PASTA GREEN BEANS BANANA WG CORN BREAD	THREE CHEESE PASTA BAKE SAUTEED CABBAGE ORANGE WG WHEAT BREAD	BEAN & CHEESE NACHOS SHREDDED CHEDDAR CHEESE SOUR CREAM SPANISH RICE CORN PEAR WG CORN TORTILLA CHIPS	

OUR CHICKEN & BEEF ARE 100% NATURAL, NO ARTIFICIAL INGREDIENTS, NO ARTIFICIAL COLORS, NO PRESERVATIVES.

www.qualitycateringforkids.com

MENU PROVIDED BY QUALITY CATERING APPROVED BY RANA AHMAD, MS RDN LDN

MENUS ARE SUBJECT TO CHANGE

*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH