



# 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
RED BEANS & RICE <sup>2</sup> GREEN BEANS APPLE DINNER ROLL	THREE CHEESE PASTA BAKE <sup>3</sup> BRUSSEL SPROUTS BANANA WHEAT BREAD	MACARONI & CHEESE <sup>4</sup> GREEN PEAS ORANGE WG WHEAT BRED	WG PANCAKES <sup>5</sup> SCRAMBLED EGGS BAKED POTATOES DICED CARROTS PEAR	WG CHEESE PIZZA <sup>6</sup> CAULIFLOWER MELON MIX
<b>CLOSED</b> <sup>9</sup>	RED BEANS & RICE <sup>10</sup> GREEN BEANS BANANA WG WHEAT BREAD	BEAN & CHEESE TACO <sup>11</sup> SHREDDED CHEDDAR CHEESE REFRIED BEANS BROCCOLI ORANGE WG SOFT FLOUR TORTILLA	VEGETARIAN BEAN CHILI <sup>12</sup> ROTINI PASTA GREEN PEAS PEAR WG CORN BREAD	CHEESE RAVIOLI <sup>13</sup> BRUSSEL SPROUTS MELON MIX WG WHEAT BREAD
CHEESY POTATO CASSEROLE <sup>16</sup> GREEN BEANS APPLE WG DINNER ROLL	VEGETARIAN MOSTACCIOLI <sup>17</sup> SAUTEED CABBAGE BANANA WG WHEAT BREAD	BEAN & CHEESE NACHOS <sup>18</sup> SOUR CREAM CORN ORANGE WG TORTILLA CHIPS	VEGGIE, EGG & CHEESE FRITTATA <sup>19</sup> FRENCH TOAST DICED CARROTS PEAR	THREE CHEESE PIZZA <sup>20</sup> GREEN BEANS MELON MIX
VEGETARIAN BEAN CHILI <sup>23</sup> ROTINI PASTA BRUSSEL SPROUTS APPLE WG DINNER ROLL	VEGETARIAN MEAT SAUCE <sup>24</sup> SPAGHETTI NOODLES BROCCOLI BANANA WG WHEAT BREAD	EGG SALAD SANDWICH <sup>25</sup> GREEN BEANS ORANGE WG SUB BREAD	MACARONI & CHEESE <sup>26</sup> CAULIFLOWER PEAR WG BREAD	VEGETARIAN SLOPPY JOE <sup>27</sup> BAKED FRENCH FRIES BUTTERNUT SQUASH DICED FRESH FRUIT WG BUN

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

MENUS ARE SUBJECT TO CHANGE

\*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH

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