

# JUNE

## 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 1 BRUSSEL SPROUTS APPLE WG DINNER ROLL*	VEGETARIAN MEAT SAUCE 2 SPAGHETTI NOODLES ROASTED VEGETABLES BANANA WG WHEAT BREAD*	BEAN & CHEESE TACO 3 REFRIED BEANS SHREDDED CHEDDAR CHEESE SPANISH BLACK BEANS DICED CARROTS ORANGE WG SOFT FLOUR TORTILLA*	EGG & CHEESE FRITTATA 4 WG CINNAMON FRENCH TOAST HONEY SYRUP DICED PARSLEY POTATOES GREEN BEANS PEAR	EGG SALAD SANDWICH 5 BBQ BAKED BEANS CAULIFLOWER MELON MIX WG BUN*
CHEESY VEGETARIAN 8 MOSTACCIOLI DICED CARROTS APPLE WG DINNER ROLL*	VEGETARIAN SLOPPY JOE 9 ROASTED RAINBOW POTATOES BROCCOLI BANANA DELICIOUS-MADE WG BUN*	MACARONI & CHEESE 10 ROASTED VEGETABLES RANCH DRESSING ORANGE WG WHEAT BREAD*	CHEESE QUESADILLA* 11 CILANTRO CAULIFLOWER RICE CORN PEAR	WG CHEESE RAVIOLI* IN 12 MARINARA SAUCE GREEN BEANS MELON MIX WG WHEAT BREAD*
VEGETARIAN BEAN CHILI 15 PENNE PASTA BRUSSEL SPROUTS APPLE WG DINNER ROLL	RED BEANS & RICE 16 BROCCOLI BANANA WG WHEAT BREAD	MACARONI & CHEESE 17 SAUTEED CABBAGE RANCH DRESSING ORANGE WG WHEAT BREAD	WG WAFFLE* 18 SCRAMBLED EGGS HONEY SYRUP BAKED SLICED POTATOES DICED CARROTS PEAR	VEGETARIAN SLOPPY JOE 19 BAKED SWEET POTATO FRIES GREEN BEANS MELON MIX WG BUN
CHEESY POTATO 22 CASSEROLE DICED CARROTS APPLE WG DINNER ROLL*	VEGETARIAN BEAN 23 CHILLI ROTINI PASTA GREEN BEANS BANANA WG CORN BREAD	THREE CHEESE PASTA 24 BAKE SAUTEED CABBAGE ORANGE WG WHEAT BREAD	BEAN & CHEESE NACHOS 25 SHREDDED CHEDDAR CHEESE SOUR CREAM SPANISH RICE CORN PEAR WG CORN TORTILLA CHIPS	WG THREE CHEESE PIZZA* 26 BROCCOLI RANCH DRESSING MELON MIX
25	26	27	28	29

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

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

MENUS ARE SUBJECT TO CHANGE

\*MILK IS SERVED DAILY WITH BREAKFAST & LUNCH