


Vegetarian Lunch – September, 2018

9/3 ***** CLOSED FOR LABOR DAY *****	9/4 Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit	9/5 *Pizza Garden salad Fresh fruit	9/6 *Spinach manicotti Carrots Whole wheat bread/butter Fresh fruit	9/7 *Beans & Rice Tossed salad Tortilla Fresh fruit
9/10 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	9/11 Quiche Peas Whole wheat bread/butter Fresh fruit	9/12 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	9/13 Chix patty Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	9/14 Black bean and brown rice burrito w/ whole wheat tortilla Corn Grated cheese Fresh fruit
9/17 Pasta salad w/ avocado, pesto and egg Southwest salad Fresh fruit	9/18 French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit	9/19 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	9/20 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit	9/21 *Lasagna Tossed salad Fresh fruit
9/24 Teriyaki patty Grated cheese Vegetable salad Fresh fruit	9/25 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	9/26 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/27 Gardenburger Bean medley Roll Fresh fruit	9/28 Quinoa, couscous, and parmesan California blend vegetables Whole wheat bread/butter Fresh fruit
		~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with Vegetarian Lunch</p>

*Vegetarian meal