



Vegetarian lunch



June, 2019



6/3 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	6/4 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	6/5 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	6/6 +^Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	6/7 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
6/10 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	6/11 +Whole wheat pizza Garden salad Fresh fruit	6/12 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	6/13 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	6/14 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
6/17 Tri-color pasta alfredo Salad Fresh fruit	6/18 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	6/19 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	6/20 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	6/21 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
6/24 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	6/25 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	6/26 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	6/27 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	6/28 Lasagna Tossed salad Fresh fruit

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan