



Vegetarian lunch



April, 2019



4/1 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	4/2 +Whole wheat pizza Garden salad Fresh fruit	4/3 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	4/4 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	4/5 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit
4/8 Tri-color pasta alfredo Salad Fresh fruit	4/9 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	4/11 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit
4/15 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	4/19 Lasagna Tossed salad Fresh fruit
4/22 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	4/23 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Gardenburger Bean medley +Whole wheat roll Fresh fruit	4/26 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +Whole grain cheese melt Tomato alphabet soup Fresh fruit			

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan