 Vegetarian lunch – February, 2019

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| *~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.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 2/1  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 2/4  #Cheese omelette  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 2/5  #^French Lentils W/ Thyme  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 2/6  +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 2/7  Black bean, corn, & cheese quesadilla  +With whole wheat tortilla  Green beans  Fresh fruit | 2/8  Lasagna  Tossed salad  Fresh fruit |
| 2/11  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 2/12  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 2/13  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 2/14  Gardenburger  Bean medley  +Whole wheat roll  Fresh fruit | 2/15  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 2/18  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR PRESIDENT’S DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/19  #^Vegetarian sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 2/20  +Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 2/21  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 2/22  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 2/25  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 2/26  +Whole wheat pizza  Garden salad  Fresh fruit | 2/27  Veggie nuggets  Tuscan bean and garlic soup  +Whole wheat bread/butter  Fresh fruit | 2/28  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit |  |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan

 Vegetarian lunch – March, 2019

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|  |  |  |  | 3/1  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 3 /4  Tri-color pasta alfredo  Salad  Fresh fruit | 3/5  Quiche – plain or broccoli  Peas  +Whole wheat bread /butter  Fresh fruit | 3/6  +#^Lentil penne & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 3/7  Chix patty  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 3/8  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 3/11  #Cheese omelette  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 3/12  #^French Lentils W/ Thyme  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 3/13  +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 3/14  Black bean, corn, & cheese quesadilla  +With whole wheat tortilla  Green beans  Fresh fruit | 3/15  Lasagna  Tossed salad  Fresh fruit |
| 3/18  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 3/19  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 3/20  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 3/21  Gardenburger  Bean medley  +Whole wheat roll  Fresh fruit | 3/22  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 3/25  #^Vegetarian sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 3/26  +Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 3/27  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 3/28  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 3/29  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan

 Vegetarian lunch – April, 2019

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| 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

 Vegetarian lunch – May, 2019

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|  |  | 5/1  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 5/2  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 5/3  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 5/6  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 5/7  +Whole wheat pizza  Garden salad  Fresh fruit | 5/8  Veggie nuggets  Tuscan bean and garlic soup  +Whole wheat bread/butter  Fresh fruit | 5/9  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit | 5/10  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 5/13  Tri-color pasta alfredo  Salad  Fresh fruit | 5/14  Quiche – plain or broccoli  Peas  +Whole wheat bread /butter  Fresh fruit | 5/15  +#^Lentil penne & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 5/16  Chix patty  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 5/17  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 5/20  #Cheese omelette  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 5/21  #^French Lentils W/ Thyme  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 5/22  +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 5/23  Black bean, corn, & cheese quesadilla  +With whole wheat tortilla  Green beans  Fresh fruit | 5/24  Lasagna  Tossed salad  Fresh fruit |
| 5/27  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR MEMORIAL DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 5/29  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 5/30  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 5/31  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan

 Vegetarian lunch – June, 2019

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| 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

 Vegetarian lunch – July, 2019

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| 7/1  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 7/2  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 7/3  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 7/4  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 7/8  #^Vegetarian sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 7/9  +Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 7/10  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 7/11  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 7/12  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 7/15  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 7/16  +Whole wheat pizza  Garden salad  Fresh fruit | 7/17  Veggie nuggets  Tuscan bean and garlic soup  +Whole wheat bread/butter  Fresh fruit | 7/18  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit | 7/19  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 7/22  Tri-color pasta alfredo  Salad  Fresh fruit | 7/23  Quiche – plain or broccoli  Peas  +Whole wheat bread /butter  Fresh fruit | 7/24  +#^Lentil penne & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 7/25  Chix patty  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 7/26  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 7/29  #Cheese omelette  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 7/30  #^French Lentils W/ Thyme  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 7/31  +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit |  |  |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan

 Vegetarian lunch – August, 2019

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|  |  |  | 8/1  Black bean, corn, & cheese quesadilla  +With whole wheat tortilla  Green beans  Fresh fruit | 8/2  Lasagna  Tossed salad  Fresh fruit |
| 8/5  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 8/6  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 8/7  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/8  Gardenburger  Bean medley  +Whole wheat roll  Fresh fruit | 8/9  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 8/12  #^Vegetarian sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 8/13  +Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 8/14  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 8/15  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 8/16  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 8/19  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 8/20  +Whole wheat pizza  Garden salad  Fresh fruit | 8/21  Veggie nuggets  Potato soup  +Whole wheat bread/butter  Fresh fruit | 8/22  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit | 8/23  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 8/26  Tri-color pasta alfredo  Salad  Fresh fruit | 8/27  Quiche – plain or broccoli  Peas  +Whole wheat bread /butter  Fresh fruit | 8/28  +#^Lentil penne & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 8/29  Chix patty  Zucchini & yellow squash  +Whole wheat bread/butter  Fresh fruit | 8/30  +^Black bean and brown rice burrito w/whole wheat tortilla  Corn  Grated cheese  Fresh fruit |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan

 Vegetarian lunch – September, 2019

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| 9/2    \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR LABOR DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/3  #Cheese omelette  Spinach salad  +Whole wheat bread/butter  Fresh fruit | 9/4  #^French Lentils W/ Thyme  Mashed sweet potatoes  +Whole wheat bread/butter  Fresh fruit | 9/5  +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 9/6  Lasagna  Tossed salad  Fresh fruit |
| 9/9  ^Teriyaki patty  Grated cheese  Tossed salad  Fresh fruit | 9/10  #^Vegetarian chili  Broccoli & cheese salad  +Whole wheat bread/butter  Fresh fruit | 9/11  Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 9/12  Gardenburger  Bean medley  +Whole wheat roll  Fresh fruit | 9/13  Quinoa, couscous, and parmesan  California blend vegetables  +Whole wheat bread/butter  Fresh fruit |
| 9/16  #^Vegetarian sloppy joe  Corn & edamame  +Whole wheat roll  Fresh fruit | 9/17  +Whole grain cheese melt  Tomato alphabet soup  Fresh fruit | 9/18  #^Picadillo  Pineapple/Mango Coleslaw  +Whole wheat bread/butter  Fresh fruit | 9/19  +#Broccoli & cheddar quinoa w/brown rice  Sugar snaps & carrots  +Whole wheat bread/butter  Fresh fruit | 9/20  +Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 9/23  Cheese tortellini w/olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 9/24  +Whole wheat pizza  Garden salad  Fresh fruit | 9/25  Veggie nuggets  Tuscan bean and garlic soup  +Whole wheat bread/butter  Fresh fruit | 9/26  Spinach manicotti  Carrots  +Whole wheat bread/butter  Fresh fruit | 9/27  +#^Beans & Brown rice  Tossed salad  Tortilla  Fresh fruit |
| 9/30  Tri-color pasta alfredo  Salad  Fresh fruit |  |  |  |  |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan