 Vegetarian lunch – February, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| *~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 tortillaCorn Grated cheese Fresh fruit |
| 2/4#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 2/5#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 2/6+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 2/7Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 2/8LasagnaTossed saladFresh fruit  |
| 2/11^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 2/12#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 2/13Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 2/14GardenburgerBean medley+Whole wheat roll Fresh fruit  | 2/15Quinoa, couscous, and parmesanCalifornia 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 riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 2/22+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 2/25Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 2/26+Whole wheat pizzaGarden saladFresh fruit  | 2/27Veggie nuggetsTuscan bean and garlic soup+Whole wheat bread/butter Fresh fruit  | 2/28Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  |  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

  Vegetarian lunch – March, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  | 3/1+#^Beans & Brown riceTossed saladTortilla Fresh fruit |
| 3 /4Tri-color pasta alfredoSaladFresh fruit | 3/5Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 3/6+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 3/7Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 3/8+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |
| 3/11#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 3/12#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 3/13+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 3/14Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 3/15LasagnaTossed saladFresh fruit  |
| 3/18^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 3/19#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 3/20Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 3/21GardenburgerBean medley+Whole wheat roll Fresh fruit  | 3/22Quinoa, couscous, and parmesanCalifornia 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#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 3/28+#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 3/29+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

 Vegetarian lunch – April, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4/1Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 4/2+Whole wheat pizzaGarden saladFresh fruit  | 4/3Veggie nuggetsPotato soup +Whole wheat bread/butter Fresh fruit  | 4/4Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 4/5+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 4/8Tri-color pasta alfredoSaladFresh fruit | 4/9 +^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit | 4/10+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 4/11Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 4/12Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit |
| 4/15#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 4/16#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 4/17+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 4/18Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 4/19LasagnaTossed saladFresh fruit  |
| 4/22^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 4/23#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 4/24Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 4/25GardenburgerBean medley+Whole wheat roll Fresh fruit  | 4/26Quinoa, couscous, and parmesanCalifornia 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 5/1#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 5/2+#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 5/3+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 5/6Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 5/7+Whole wheat pizzaGarden saladFresh fruit  | 5/8Veggie nuggetsTuscan bean and garlic soup+Whole wheat bread/butter Fresh fruit  | 5/9Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 5/10+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 5/13Tri-color pasta alfredoSaladFresh fruit | 5/14Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 5/15+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 5/16Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 5/17+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |
| 5/20#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 5/21#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 5/22+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 5/23Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 5/24LasagnaTossed saladFresh fruit  |
| 5/27 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIAL DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28^Teriyaki pattyGrated cheese Tossed saladFresh fruit | 5/29#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 5/30Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 5/31Quinoa, couscous, and parmesanCalifornia blend vegetables +Whole wheat bread/butter Fresh fruit |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

 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#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 6/6 +#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 6/7+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 6/10Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 6/11+Whole wheat pizzaGarden saladFresh fruit  | 6/12Veggie nuggetsPotato soup +Whole wheat bread/butter Fresh fruit  | 6/13Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 6/14+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 6/17Tri-color pasta alfredoSaladFresh fruit | 6/18Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 6/19+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 6/20Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 6/21+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |
| 6/24#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 6/25#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 6/26+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 6/27Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 6/28LasagnaTossed saladFresh fruit  |
|  |  |  |  |  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

 Vegetarian lunch – July, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7/1^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 7/2#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 7/3Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 7/4 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  | 7/5Quinoa, couscous, and parmesanCalifornia 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#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 7/11 +#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 7/12+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 7/15Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 7/16+Whole wheat pizzaGarden saladFresh fruit  | 7/17Veggie nuggetsTuscan bean and garlic soup+Whole wheat bread/butter Fresh fruit  | 7/18Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 7/19+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 7/22Tri-color pasta alfredoSaladFresh fruit | 7/23Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 7/24+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 7/25Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 7/26+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |
| 7/29#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit   | 7/30#^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit  | 7/31+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  |  |  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

 Vegetarian lunch – August, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | 8/1Black bean, corn, & cheese quesadilla+With whole wheat tortilla Green beansFresh fruit  | 8/2LasagnaTossed saladFresh fruit  |
| 8/5^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 8/6#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 8/7Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/8GardenburgerBean medley+Whole wheat roll Fresh fruit  | 8/9Quinoa, couscous, and parmesanCalifornia 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#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 8/15+#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots +Whole wheat bread/butter Fresh fruit  | 8/16+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 8/19Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 8/20+Whole wheat pizzaGarden saladFresh fruit  | 8/21Veggie nuggetsPotato soup +Whole wheat bread/butter Fresh fruit  | 8/22Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 8/23+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 8/26Tri-color pasta alfredoSaladFresh fruit | 8/27Quiche – plain or broccoliPeas+Whole wheat bread /butter Fresh fruit  | 8/28+#^Lentil penne & tomato sauce w/ soyGrated cheese Spinach saladFresh fruit  | 8/29Chix pattyZucchini & yellow squash+Whole wheat bread/butter Fresh fruit  | 8/30+^Black bean and brown rice burrito w/whole wheat tortillaCorn Grated cheese Fresh fruit  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan

 Vegetarian lunch – September, 2019

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9/2 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*   | 9/3#Cheese omeletteSpinach salad+Whole wheat bread/butterFresh fruit | 9/4 #^French Lentils W/ ThymeMashed sweet potatoes +Whole wheat bread/butter Fresh fruit | 9/5+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit | 9/6LasagnaTossed saladFresh fruit  |
| 9/9^Teriyaki pattyGrated cheese Tossed saladFresh fruit  | 9/10#^Vegetarian chiliBroccoli & cheese salad +Whole wheat bread/butter Fresh fruit | 9/11Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 9/12GardenburgerBean medley+Whole wheat roll Fresh fruit  | 9/13Quinoa, couscous, and parmesanCalifornia 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#^PicadilloPineapple/Mango Coleslaw+Whole wheat bread/butterFresh fruit | 9/19+#Broccoli & cheddar quinoa w/brown riceSugar snaps & carrots+Whole wheat bread/butter Fresh fruit  | 9/20+Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 9/23Cheese tortellini w/olive oil & basilGrated cheese Spinach salad Fresh fruit | 9/24+Whole wheat pizzaGarden saladFresh fruit  | 9/25Veggie nuggetsTuscan bean and garlic soup+Whole wheat bread/butter Fresh fruit  | 9/26Spinach manicottiCarrots+Whole wheat bread/butterFresh fruit  | 9/27+#^Beans & Brown riceTossed saladTortilla Fresh fruit  |
| 9/30Tri-color pasta alfredoSaladFresh fruit |  |  |  |  |

 +Whole grain

 # Entrée is Gluten Free

 ^ Entrée is Vegan