



Vegetarian lunch – October, 2018



10/1 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	10/2 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	10/3 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	10/4 Lo Mein w/scrambled egg & Oriental vegetables +Whole wheat bread/butter Fresh fruit	10/5 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
10/8 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	10/9 +Whole wheat pizza Garden salad Fresh fruit	10/10 #Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	10/11 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	10/12 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
10/15 +^Broccoli & cheddar quinoa w/brown rice Salad Fresh fruit	10/16 Broccoli Quiche Peas +Whole wheat bread /butter Fresh fruit	10/17 +^Lentil penne & tomato sauce w/soy Grated cheese Spinach salad Fresh fruit	10/18 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	10/19 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
10/22 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	10/23 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	10/24 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	10/25 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	10/26 Lasagna Tossed salad Fresh fruit
10/29 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	10/30 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	10/31 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit		

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan