



Vegetarian lunch – January, 2019

	1/1 ***** CLOSED FOR NEW YEARS DAY HOLIDAY *****	1 /2 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	1/3 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	1 /4 Lasagna Tossed salad Fresh fruit
1/7 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	1/8 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	1/9 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	1/10 Gardenburger Bean medley +Whole wheat roll Fresh fruit	1/11 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
1/14 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	1/15 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	1/16 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	1/17 Lo Mein w/scrambled egg & Oriental vegetables +Whole wheat bread/butter Fresh fruit	1/18 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
1/21 ***** CLOSED FOR MARTIN LUTHER KING JR DAY *****	1/22 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	1/23 +Whole wheat pizza Garden salad Fresh fruit	1/24 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	1/25 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
1/28 +#Broccoli & cheddar quinoa w/brown rice Salad Fresh fruit	1/29 Quiche Peas +Whole wheat bread /butter Fresh fruit	1/30 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	1/31 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan