



Vegetarian lunch



August, 2019



			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