


Vegetarian Lunch – July, 2018

7/2 Broccoli & cheddar quinoa w/ brown rice Salad Fresh fruit	7/3 Broccoli Quiche Peas Whole wheat bread/butter Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Spaghetti & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	7/6 Black bean and brown rice burrito w/ whole wheat tortilla Corn Grated cheese Fresh fruit
7/9 Pasta salad w/ avocado, pesto and egg Southwest salad Fresh fruit	7/10 French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit	7/11 Vegetarian dirty rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	7/12 Black bean, corn, & cheese quesadilla With whole wheat tortilla Green Beans Fresh fruit	7/13 *Lasagna Tossed salad Fresh fruit
7/16 Teriyaki patty Grated cheese Vegetable salad Fresh fruit	7/17 Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit	7/18 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/19 Gardenburger Bean medley Roll Fresh fruit	7/20 Quinoa, couscous, and parmesan California blend vegetables Whole wheat bread/butter Fresh fruit
7/23 Vegetarian sloppy joe Corn & edamame Roll Fresh fruit	7/24 *Cheese melt Tomato alphabet soup Fresh fruit	7/25 Picadillo Pineapple/Mango cole slaw Whole wheat bread/butter Fresh fruit	7/26 Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit	7/27 *Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/30 Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit	7/31 *Pizza Garden salad Fresh fruit	~This menu is designed for children age 12+ months		 Visit us at www.goodfoodco.com Age appropriate milk must be served with Vegetarian Lunch

*Vegetarian meal