

Vegetarian Lunch – July, 2018

7/2	7/3	7/4	7/5	7/6
Broccoli & cheddar quinoa w/	Broccoli Quiche	*******	Spaghetti & tomato sauce w/ soy	Black bean and brown rice
brown rice	Peas	CLOSED FOR	Grated cheese	burrito w/ whole wheat tortilla
Salad	Whole wheat bread/butter	INDEPENDENCE DAY	Spinach salad	Corn
Fresh fruit	Fresh fruit	*******	Fresh fruit	Grated cheese
				Fresh fruit
7/9	7/10	7/11	7/12	7/13
Pasta salad w/ avocado, pesto	French lentils w/ thyme	Vegetarian dirty rice with	Black bean, corn, & cheese	*Lasagna
and egg	Mashed sweet potatoes	cheese, vegetables, quinoa &	quesadilla	Tossed salad
Southwest salad	Wheat bread/butter	farrow	With whole wheat tortilla	Fresh fruit
Fresh fruit	Fresh fruit	Apple cole slaw	Green Beans	
Trosii Irait	Trosii Itali	Fresh fruit	Fresh fruit	
		Trosh fruit		
7/16	7/17	7/18	7/19	7/20
Teriyaki patty	Vegetarian chili	*Ravioli w/olive oil, tomato	Gardenburger	Quinoa, couscous, and parmesan
Grated cheese	Broccoli & cheese salad	sauce & fresh basil	Bean medley	California blend vegetables
Vegetable salad	Whole wheat bread/butter	Peas	Roll	Whole wheat bread/butter
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Tiesh Huit	Tiesh huit	Tresh fruit	Tresh fruit	Tresh fruit
7/23	7/24	7/25	7/26	7/27
Vegetarian sloppy joe	*Cheese melt	Picadillo	Lo Mein w/ scrambled egg	*Whole wheat macaroni &
Corn & edamame	Tomato alphabet soup	Pineapple/Mango cole slaw	Oriental vegetables	cheese
	Fresh fruit	Whole wheat bread/butter	Wheat bread/butter	Mixed vegetables
Roll	riesii iruit	Fresh fruit	Fresh fruit	Fresh fruit
Fresh fruit		Tresh huit	11esh Huit	rresh fruit
7/30	7/31	This was in Later 1.0	Fresh fruits include but are not limited	
		~This menu is designed for	to: apples,, oranges, bananas, pears,	mytm
Cheese tortellini w/ olive oil &	*Pizza	children age 12+ months	tangerines, cantaloupes, plums,	
basil	Garden salad		nectarines, watermelons, strawberries,	
Grated cheese	Fresh fruit		blueberries, peaches, honeydew,	
Spinach salad			cantaloupes. Fruit will be served as it	Visit us at www.goodfoodco.com
Fresh fruit			is in season and as it becomes ripe.	
				Age appropriate milk must be
				served with Vegetarian Lunch

^{*}Vegetarian meal