



## Vegetarian Lunch – June 2019

<p>6/3 #^Vegetarian sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>6/4 +Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>6/5 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit</p>	<p>6/6 +^Broccoli &amp; cheddar quinoa w/brown rice Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>6/7 +Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>6/10 Cheese tortellini w/olive oil &amp; basil Grated cheese Spinach salad Fresh fruit</p>	<p>6/11 +Whole wheat pizza Garden salad Fresh fruit</p>	<p>6/12 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit</p>	<p>6/13 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit</p>	<p>6/14 +^Beans &amp; Brown rice Tossed salad Tortilla Fresh fruit</p>
<p>6/17 Tri-color pasta alfredo Salad Fresh fruit</p>	<p>6/18 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit</p>	<p>6/19 +^Lentil penne &amp; tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit</p>	<p>6/20 Chix patty Zucchini &amp; yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>6/21 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>6/24 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>6/25 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>6/26 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa &amp; farrow Apple cole slaw Fresh fruit</p>	<p>6/27 Black bean, corn, &amp; cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit</p>	<p>6/28 Lasagna Tossed salad Fresh fruit</p>

+Whole grain  
# Entrée is Gluten Free  
^ Entrée is Vegan