



Vegetarian Lunch – May 2019

		5/1 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	5/2 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	5/3 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
5/6 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	5/7 +Whole wheat pizza Garden salad Fresh fruit	5/8 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	5/9 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	5/10 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
5/13 Tri-color pasta alfredo Salad Fresh fruit	5/14 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	5/15 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	5/16 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	5/17 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
5/20 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	5/21 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	5/22 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	5/23 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	5/24 Lasagna Tossed salad Fresh fruit
5/27 ***** CLOSED FOR MEMORIAL DAY *****	5/28 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	5/29 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	5/30 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5/31 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit

+Whole grain
Entrée is Gluten Free
^ Entrée is Vegan