




## Vegetarian lunch – February, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch</p>		<p>2/1 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>2/4 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>2/5 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>2/6 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa &amp; farrow Apple cole slaw Fresh fruit</p>	<p>2/7 Black bean, corn, &amp; cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit</p>	<p>2/8 Lasagna Tossed salad Fresh fruit</p>
<p>2/11 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit</p>	<p>2/12 #^Vegetarian chili Broccoli &amp; cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>2/13 Ravioli w/olive oil, tomato sauce &amp; fresh basil Peas Fresh fruit</p>	<p>2/14 Gardenburger Bean medley +Whole wheat roll Fresh fruit</p>	<p>2/15 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>2/18 ***** CLOSED FOR PRESIDENT'S DAY *****</p>	<p>2/19 #^Vegetarian sloppy joe Corn &amp; edamame +Whole wheat roll Fresh fruit</p>	<p>2/20 +Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>2/21 +#Broccoli &amp; cheddar quinoa w/brown rice Sugar snaps &amp; carrots +Whole wheat bread/butter Fresh fruit</p>	<p>2/22 +Whole wheat macaroni &amp; cheese Mixed vegetables Fresh fruit</p>
<p>2/25 Cheese tortellini w/olive oil &amp; basil Grated cheese Spinach salad Fresh fruit</p>	<p>2/26 +Whole wheat pizza Garden salad Fresh fruit</p>	<p>2/27 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit</p>	<p>2/28 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit</p>	

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan



## Vegetarian lunch – March, 2019

				3/1 + #^Beans & Brown rice Tossed salad Tortilla Fresh fruit
3/4 Tri-color pasta alfredo Salad Fresh fruit	3/5 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	3/6 + #^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	3/7 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	3/8 + ^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
3/11 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	3/12 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	3/13 + #Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	3/14 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	3/15 Lasagna Tossed salad Fresh fruit
3/18 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	3/19 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	3/20 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	3/21 Gardenburger Bean medley +Whole wheat roll Fresh fruit	3/22 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
3/25 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	3/26 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	3/27 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	3/28 + #Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	3/29 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit

+Whole grain

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## Vegetarian lunch – April, 2019

4/1 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	4/2 +Whole wheat pizza Garden salad Fresh fruit	4/3 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	4/4 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	4/5 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit
4/8 Tri-color pasta alfredo Salad Fresh fruit	4/9 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +#^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	4/11 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit
4/15 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	4/19 Lasagna Tossed salad Fresh fruit
4/22 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	4/23 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Gardenburger Bean medley +Whole wheat roll Fresh fruit	4/26 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +Whole grain cheese melt Tomato alphabet soup Fresh fruit			

+Whole grain

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## 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

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## Vegetarian lunch – June, 2019

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

+Whole grain

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## Vegetarian lunch – July, 2019

7/1 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	7/2 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	7/3 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
7/8 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	7/9 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	7/10 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	7/11 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	7/12 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
7/15 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	7/16 +Whole wheat pizza Garden salad Fresh fruit	7/17 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	7/18 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	7/19 +#^Beans & Brown rice Tossed salad Tortilla Fresh fruit
7/22 Tri-color pasta alfredo Salad Fresh fruit	7/23 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	7/24 +#^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	7/25 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	7/26 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
7/29 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	7/30 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	7/31 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit		

+Whole grain

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## 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

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## Vegetarian lunch – September, 2019

<p>9/2</p> <p>*****            CLOSED FOR LABOR DAY            *****</p>	<p>9/3</p> <p>#Cheese omelette            Spinach salad            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/4</p> <p>#^French Lentils W/ Thyme            Mashed sweet potatoes            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/5</p> <p>+#Vegetarian dirty brown rice            with cheese, vegetables,            quinoa &amp; farrow            Apple cole slaw            Fresh fruit</p>	<p>9/6</p> <p>Lasagna            Tossed salad            Fresh fruit</p>
<p>9/9</p> <p>^Teriyaki patty            Grated cheese            Tossed salad            Fresh fruit</p>	<p>9/10</p> <p>#^Vegetarian chili            Broccoli &amp; cheese salad            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/11</p> <p>Ravioli w/olive oil, tomato            sauce &amp; fresh basil            Peas            Fresh fruit</p>	<p>9/12</p> <p>Gardenburger            Bean medley            +Whole wheat roll            Fresh fruit</p>	<p>9/13</p> <p>Quinoa, couscous, and parmesan            California blend vegetables            +Whole wheat bread/butter            Fresh fruit</p>
<p>9/16</p> <p>#^Vegetarian sloppy joe            Corn &amp; edamame            +Whole wheat roll            Fresh fruit</p>	<p>9/17</p> <p>+Whole grain cheese melt            Tomato alphabet soup            Fresh fruit</p>	<p>9/18</p> <p>#^Picadillo            Pineapple/Mango Coleslaw            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/19</p> <p>+#Broccoli &amp; cheddar quinoa            w/brown rice            Sugar snaps &amp; carrots            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/20</p> <p>+Whole wheat macaroni &amp;            cheese            Mixed vegetables            Fresh fruit</p>
<p>9/23</p> <p>Cheese tortellini w/olive oil &amp;            basil            Grated cheese            Spinach salad            Fresh fruit</p>	<p>9/24</p> <p>+Whole wheat pizza            Garden salad            Fresh fruit</p>	<p>9/25</p> <p>Veggie nuggets            Tuscan bean and garlic soup            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/26</p> <p>Spinach manicotti            Carrots            +Whole wheat bread/butter            Fresh fruit</p>	<p>9/27</p> <p>+#^Beans &amp; Brown rice            Tossed salad            Tortilla            Fresh fruit</p>
<p>9/30</p> <p>Tri-color pasta alfredo            Salad            Fresh fruit</p>				

+Whole grain

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