

Vegetarian Menu 2022-2023

HOT LUNCHES					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Baked Southwest Enchilada	Chickpea Curry	Macaroni & Cheese	Baked Penne	Red Beans & Rice
M/MA	Cheese & Black Beans	Chickpeas	Cheddar cheese sauce	Ricotta & Mozzarella Cheese	Red Kidney Beans
GRAIN	Whole Grain Corn Tortilla	WGR Brown Rice	Whole Wheat Pasta	Whole Wheat Pasta	Brown Rice
VEG	Tomato sauce, corn	Diced Tomato & Peppers	Peas	Tomato Sauce	Tomatoes & Peppers
VEG	Green peppers	Broccoli		Green Beans	Kidney beans
FRUIT	Whole Fruit per Daily Menu				

COLD LUNCHES					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Chick a Boom	Taco Salad	Chef Salad	Pasta Salad	Black Bean Quesadilla
M/MA	Chickpeas	Black beans & cheddar cheese (with ranch dressing)	Large hard boiled egg (with Italian dressing)	Cheddar Cheese (with Italian Dressing)	Mozzarella & Cheddar (with extra grain per menu)
GRAIN	WGR Flatbread	WGR Tortilla	WGR Roll	WGR Elbow Macaroni	WGR Tortilla
VEG	Carrots	Romaine, Tomato	Chopped romaine	Cucumber & Tomato	Corn, peppers, black beans
VEG		Corn, Onion	Carrot, tomato, cucumber	Carrots & Chickpeas	
FRUIT	Whole Fruit per Daily Menu				

Fruit = 1 Cup Apple (2.75" dia), Banana (8-8 7/8"), Orange (3 1/16" dia) - 1 cup

Grain: All WGR