



Wholesome Vegetarian Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grilled Cheese on Wheat Cream of Mushroom Soup Peas Pineapple Milk	Cheese Sandwich on Wheat Green Beans Cornbread Chocolate Pudding Apple Juice	Veggie Nuggets Carrots with Ranch Dressing Whole Grain Buttered Rotini Jello with Strawberries Milk	Cheese Tacos Corn Brown Rice Peaches Milk	Cheese Sandwich Yogurt Cucumbers Fruit Cocktail Milk
Week 2	Garden Burger on Wheat Green Beans Pita Bread Vanilla Pudding Apple Juice	Homemade Cheese Pizza Broccoli Yogurt Mandarin Oranges Milk	Cheese Sandwich on Wheat Wheat Bread with Butter Carrots Orange Slices Milk	Wheat French Toast Yogurt Tator Tots – Baked Pears Milk	Veggie Dogs on Wheat Corn Yogurt Apple Sauce Milk
Week 3	Veggie Nuggets Corn Wheat Bread with Butter Fruit Cocktail Chocolate Milk	Grilled Cheese on Wheat Cream of Mushroom Soup Carrots Pineapple Lemonade	String Cheese Green Beans Wheat Crackers Mandarin Oranges Milk	Spaghetti & Marinara Broccoli Wheat Bread with Butter Applesauce Milk	Yogurt Macaroni & Cheese Peas Strawberries Milk
Week 4	Whole Grain Pancakes Yogurt Tator Tots — Baked Pears Milk	Pasta & Alfredo Sauce Broccoli Wheat Bread with Butter Pears Milk	Cheese Quesadillas Corn Brown Rice Peaches Milk	Breaded Cheese Sticks Carrots with Ranch Dressing Cheddar Rice Cakes Strawberries Milk	Garden Burger on Wheat Green Beans Pickles Jello w/raspberries Milk
Week 5	Cheese Tacos Corn Brown Rice Pears Milk	Cheese Sandwich on Wheat Cream of Mushroom Soup Cucumbers Apple Sauce Milk	Yogurt Green Beans Rotini with Cheese Wheat Bread with Butter Apple Juice	Garden Burger on Wheat Broccoli Pickles Orange Slices Milk	Scrambled Eggs Tator Tots — Baked Chewy Granola Bar (contains coconut) Bananas Milk
Week 6	Cheese Sandwich on Wheat Carrots Whole Grain Buttered Rotini Fruit Cocktail Milk	Homemade Cheese Pizza Yogurt Peas Bananas Milk	Veggie Nuggets Broccoli Wheat Crackers Mandarin Oranges Milk	Veggie Hot Dogs on Wheat Corn Yogurt Chewy Granola Bar (contains coconut) Apple Juice	Mostaccioli & Marinara Sauce Green Beans Wheat Bread with Butter Pineapple Milk



Breakfast Items to choose from:

Cereal: Cheerios, Corn Chex, Frosted Mini-Wheats, Honey Bunches of Oats, Frosted Flakes, Rice Krispies

Other Options: Granola Bars, Apples, Cheese Sticks, Yogurt, Fruit Cups, Applesauce, Bananas

Drinks: Orange Juice and Milk

Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM: Pretzels PM: Cheese & Crackers	AM: Apple Slices w/Sunbutter PM: Veggie Straws	AM: Goldfish PM: Cucumbers & Ranch & Pretzels	AM: Cheese & Crackers PM: Strawberries & Yogurt	AM: Cheese-its PM: Applesauce
Week 2	AM: Chewy Granola Bars (contains coconut) PM: Pita Chips	AM: Graham Crackers PM: Carrots & Ranch	AM: Bananas w/yogurt PM: Cheese-its	AM: Rice Cakes PM: *Mangoes & Cheese	AM: Cheese & Crackers PM: Trail Mix (no nuts)
Week 3	AM: Strawberries & Yogurt PM: Cheese-its	AM: Goldfish PM: Mandarin Oranges	AM: Pita Chips PM: Bananas w/yogurt	AM: Carrots & Ranch PM: Pretzels	AM: Veggie Straws PM: Apple Slices w/Sunbutter
Week 4	AM: Mandarin Oranges PM: Apple Slices w/Sunbutter	AM: Strawberries & Yogurt PM: Cheese & Crackers	AM: Cucumbers & Ranch & Pretzels PM: *Mangoes & Cheese	AM: Applesauce PM: Veggie Straws	AM: Bananas w/yogurt PM: Graham Crackers
Week 5	AM: Pita Chips PM: Carrots & Ranch	AM: Rice Cakes PM: Chewy Granola Bars (contains coconut)	AM: Veggie Straws PM: Applesauce	AM: Apple Slices w/Sunbutter PM: Goldfish	AM: Strawberries & Yogurt PM: Cheese & Crackers
Week 6	AM: Cucumbers & Ranch & Pretzels PM: Wheat Thins	AM: Trail Mix (no nuts) PM: Bananas w/yogurt	AM: Carrots & Ranch PM: Rice Cakes	AM: Pita Chips PM: *Mangoes & Cheese	AM: Mandarin Oranges PM: Pretzels

*We will have watermelon for snack instead of mangoes during summer.