







**Vegetarian Lunch Menu - DECEMBER 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>December</p>	 <p>Happy New Year</p>	<p>1. Build Your Own Burrito WG 6" Flour Tortilla 1ea. Seasoned Ground Beef 1/4 cup Refried Beans 1/3 cup Shred. Cheese 1.5 oz. Pineapple Tidbits 1/2 cup. 1% White Milk 6oz</p>	<p>2. Chinese Chicken Stir Fry 3/4 cup Vegetable Soup 3/4 c. Grated Cheese 1.5 oz. WG Brown Rice 1/2 cup Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.</p>	<p>3. <u>Cheese Lasagna 3/4 c. or 1.5 oz.</u> <u>Grated cheese 1.5 oz.</u> Toss Sld w/carrot 1/2 cup Applesauce 1/2 cup. 1% White Milk 6oz.</p>
<p>6. <u>WG Flour Tortilla 1 ea.</u> <u>Veg. Refried Beans 3/8 c</u> <u>WG Beef Enchilada Casserole 3/4 c.</u> Green beans 1/4c. Diced Peaches 1/2 c. 1% White Milk 1/2 pt. ea.</p>	<p>7. <u>Cheese Toast</u> <u>Whl. Wht Bread 1 Slice</u> <u>Cheese Slice 1.5oz.</u> <u>Italian Chicken Thigh 1 ea.</u> Whl. Steamed Carrots 1/4 cup. Pineapple Tidbits 1/2c 1% White Milk 6oz.</p>	<p>8. <u>Vegetarian Chili 3/4 c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Beef Salisbury Steak 1 ea. w/gravy 1oz.</u> Whl. Wht. Dinner roll 1ea. Corn 1/4 c. Honeydew Chunks 1/2 cup 1% White Milk 1/2 pt. ea..</p>	<p>9. <u>Turkey Ham 4sl &amp; Chz 1.5 sl</u> WWBread 1 slice Green Salad 1/2c. Diced Peaches 1/2c. 1% White Milk 6oz.</p>	<p>10. <u>Mac &amp; Cheese 3/4 c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> <u>WG Brd. Chicken Strips 3 ea.</u> Peas &amp; Carrots 1/4 c. Tropical Fruit 1/2 c. 1% White Milk 1/2 pt. ea.</p>
<p>13. Build Your Own Burrito WG 6" Flour Tortilla 1ea Refried Beans 1/3c Shred. Cheese 1/2oz Cabbage and Cilantro 1/4c Tropical Fruit 1/2c. 1/2pt 1% White Milk 1ea.</p>	<p>14. <u>Vegetable Soup 3/4 c.</u> <u>Grated Cheese 1.5 oz.</u> <u>BBQ Chicken Thigh 1 ea.</u> Peas &amp; Carrots 1/4 c. Whl. Wht. Bread 1 ea. Pineapple tidbits 1/2 c. 1% White Milk 1/2 pt. ea</p>	<p>15. <u>Garden Burger 1ea. or 4 oz.</u> <u>Grated Cheese 1.5 oz.</u> <u>Bk Chicken Drum. 1ea</u> Hi C Sldw/Romain 1/2c Whl Wheat Bread 1ea Cantaloupe Chunks 1/2 c. 1% White Milk 6oz.</p>	<p>16. <u>Cheese Toast</u> <u>Cheese 1.5 oz.</u> <u>Turkey Bologna 2sl &amp; Chz 1sl</u> Whl. Wheat Bread 1 sl. Baby Carrots 1.3 oz Sliced Apple w/ vit c 1ea 1% White Milk 6oz.</p>	<p>17. <u>Garden Burger 1ea. or 4 oz.</u> <u>Beef Patty 1 ea.</u> On Whl. Wht. Bun 1 ea. Cheese 1 sl. Potato Salad 1/4 c. Diced Pears 1/2 c. 1% White Milk 1/2 pt. ea.</p>
<p>20. <u>WG Flour Tortilla</u> <u>Refined Beans 1/3 c</u> <u>Cheese Grated 1.5 oz.</u> <u>Chinese Chicken Stir Fry 3/4 cup</u> WG Brown Rice 1/2 cup Cantaloupe Chunks 1/2 c. 1% White Milk 6oz.</p>	<p>21. Sandwich Whl Wht Bread 1ea Cheese 3sl. Shredded Lettuce 1/4 c Vegetable Soup 4oz. Diced Peaches 1/2 c. 1% White Milk 6oz.</p>	<p>22. <u>Garden Burger 1ea. or 4 oz.</u> <u>Beef Pepper Steak 1 ea. w/gravy</u> Mash Potatoes 1/4 c. Whl. Wht. Bread 1 ea. Pineapple Tidbits 1/2 c. 1% White Milk 6oz</p>		
<p>27. Build Your Own Burrito WG 6" Flour Tortilla 1ea Refried Beans 1/3 c Shred. Cheese 1/2oz Cabbage and Cilantro 1/4 c Diced Peaches 1/2 c. 1% White Milk 6oz.</p>	<p>28. <u>Mac &amp; Cheese 3/4 c. or 1.5 oz</u> <u>Grated Cheese 1.5 oz.</u> <u>BBQ Chicken Thigh 1 ea.</u> Green Salad 1/2 c. Whl. Wht. Bread 1 ea. Tropical Fruit 1/2 c. 1% White Milk 6oz</p>	<p>29. <u>Garden Burger on a WG bun 1ea</u> Cheese 1 sl. Potato Salad 1/4 c. Apple Slices w/Vit. C 1ea 1% White Milk 6oz</p>		<p>31. <b>GOODBYE 2021</b>  <b>WELCOME 2022</b></p>

This institution is an equal opportunity provider.

