







Vegetarian Menu - January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. <u>Mac & cheese ¾</u> <u>Grated cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Whl. Wht. Bread 1 sl. Cantaloupe Chunk ½ c. 1% White Milk 6 oz.</p>	<p>4. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Baby Carrots 1.3 oz. Sl. Apple w/vit C 1 pkg,ea 1% White Milk 6 oz.</p>	<p>5. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz</u> On Wh. Wht. Bun 1 ea. Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>6. <u>Tomato 1 sl and Cheese 1.5 oz</u> on Whl. Wht. Bun 1 ea. Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>7. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>10. <u>Mac & cheese ¾</u> <u>Grated cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.</p>	<p>11. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz</u> <u>Whl. Wht. Bun 1 ea.</u> Whl Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>12. Build your own Burrito WG Flour Tortilla 1 ea. Refried Beans 1/3 c. Shred. Cheese ½ oz. Cabbage & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>13. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>14. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> on a Bun 1 ea. Potato Salad ¼ c. Sliced Apple pk. w/Vit. C 1 ea. 1% White Milk 6 oz.</p>
<p>17. </p>	<p>18. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Veg. Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.</p>	<p>19. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Brown Rice ½ c Toss Salad w/carrots ½ c Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>20. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> Mashed Potato ¼ c. Whl. Wht. Dinner Roll 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>21. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Whl Wht Bun 1 ea. Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>
<p>24. build your own burrito WG. Flour Tortilla 1 ea. Refried Beans ¼ c. Shred. Cheese ½ oz. <u>Peas and Carrots ¼ c.</u> Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>25. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> WG Brown Rice ½ c. Cantaloupe chunks ½ c. 1% White Milk 6 oz.</p>	<p>26. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Toss Salad w/carrot ½ c. Applesauce ½ c. 1% White Milk 6 oz.</p>	<p>27. <u>Mac & cheese ¾</u> <u>Grated cheese 1.5 oz.</u> Green beans ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>28. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> Whl. Wht Bread 1 sl. Whl Steam carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>31. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl Wht dinner roll 1 ea. Corn ¼ c. Honeydew chunks ½ c. 1% White Milk 6 oz.</p>	<p><u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> On Whl Wht Bread 1 sl. Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>			

This institution is an equal opportunity provider.