

Vegetarian Lunch Menu - MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
.	1. <u>Split Pea Soup ¾ oz.</u> <u>Grated Cheese 1.5 oz.</u> WG Brown rice ½ c. Cantaloupe chunks ½ c. 1% White Milk 6 oz.	2. <u>Garden Burger 1 ea. & Cheese 1.5 oz.</u> Shredded lettuce ¼ c. Baby Carrots 1.6 oz. Diced peaches ½ c. 1% White Milk 6 oz.	3. <u>Vegetarian Chili beans ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Veg. Medley ¼ c. Whl. Wht. Dinner roll 1 ea. Apricots ½ c. 1% White Milk 6 oz.	4. <u>Mini Cheese Ravioli 5 ea. w/ Marinara</u> Toss Sld w/ carrot ½ c. Diced Pears ½ c. 1% White Milk 6 oz.
7. <u>Spaghetti ¾ c. w/ marinara sauce ¼ c.</u> <u>Grated cheese 1.5 oz</u> Hi C sldw/romain ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	8. <u>Vegetarian Chili beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whole Wheat Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	9. <u>Mac & Cheese ¾ c.</u> Whl. Wht. Bread 1 sl. Green Salad ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	10. <u>Garden Burger 1 ea. & Cheese 1.5 oz.</u> Potato Salad ¼ c. Sliced Apples w/vit c. 1ea. 1% White Milk 6 oz.	11. Build Your Own Burrito <u>WG 6" Flour Tortilla 1ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Cabbage and Cilantro ¼c. Honeydew Chunks ½ c. 1% White Milk 6 oz.
14. <u>Spaghetti ¾ c. w/ marinara sauce ¼ c.</u> <u>Grated Cheese 1.5 oz.</u> Toss Sld. w/ carrot ½ c. Mixed Fruit ½ c. 1% White Milk 6 oz.	15. <u>Garden Burger 1ea. & Cheese 1.5 oz.</u> Coleslaw ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	16. <u>Mac & Cheese ¾ c.</u> WW Bread 1 sl. Broccoli ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	17. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Sliced Apple w/vitc 1 ea. 1% White Milk 6 oz.	18. <u>WG Bean & Cheese Burrito 1 ea.</u> Baby Carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk 6 oz.
21. <u>Vegetarian Chili beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	22. <u>Garden Burger 1 ea. & Cheese 1.5 oz.</u> Potato Salad ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	23. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Corn ¼ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	24. Mac & Cheese ¾ c. Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	25. WG Vegetarian Enchilada Casserole ¾ c. Greenbeans ¼ c. Mixed Fruit ½ c. 1% White Milk
28. Build Your Own <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Shredded Lettuce ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	29. <u>Vegetarian Chili beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> WW Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	30. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Shredded Lettuce ¼ c. Baby Carrots 1.6 oz. Diced Peaches ½ c. 1% White Milk 6 oz.	31. Holiday	