




Vegetarian Menu- June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1. WG Beef Enchilada Casserole <u>Mac and Cheese</u> ¾ c. Greenbeans ¼ c. Diced Peaches ½ c. 1% White Milk 6oz.</p>	<p>2. WGBrd. Chicken Strips 3ea. <u>Bean and Cheese Burrito 1 ea.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6oz.</p>	<p>3. Beef SalisburySteak1ea with gravy 1 oz-<u>Garden Burger 1 ea.</u> Whl Wht Dinner Roll 1 ea. Corn ¼ c. Honeydew Chunks ½ c. 1% White Milk 6oz.</p>
<p>6. Baked Chicken Drum- <u>Bean and Cheese Burrito 1 ea.</u> Whl. Wht. Bread 1 sl. Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>	<p>7. Beef Mloaf w/grv 1ea- Deluxe- <u>Garden Burger 1 ea.</u> Mashed Potatoes ¼ c. Whle Wht Dinner Roll 1 ea. Sliced Apple w/vit c 1ea 1% White Milk 6oz.</p>	<p>8. Hamburger <u>Tomato and Cheese 2 sl. Sandwich</u> on a WG Bun Potato Salad ¼ C. Orange (138ct) 1ea. 1% White Milk 6oz.</p>	<p>9 Pepper Steak 1ea w/gravy- <u>Garden Burger 1 ea.</u> Veg. Medley ¼ c. Whle Wheat Dinner Roll 1 ea. Applesauce ½ c. 1% White Milk 6oz.</p>	<p>10. Turkey breast 6 sl. <u>Grilled Cheese 1.5 oz</u> on Whl Wht Brd 1 sl. Baby Carrots 1.6 oz Cantaloupe Chunks ½ c. 1% White Milk 6oz.</p>
<p>13. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea <u>Bean and Cheese Burrito 1 ea.</u> Chkn Strips 2-oz. Shred. Cheese ½ oz. Shredded Lettuce ¼ c. Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>14. Chinese Chicken Stir Fry ¾ c <u>Vegetable Soup ¾ c.</u> <u>w/ grated cheese 1 oz.</u> WG Brown Rice ½ c. Honeydew Chunks ½ c. 1% White Milk 6oz.</p>	<p>15. Beef Patty- <u>Garden Burger 1 ea.</u> On Whle Wht Bun 1 ea. Cheese 1 sl. Potato Salad ¼ C. Apricots ½ c. 1% White Milk 6oz.</p>	<p>16 BBQ Chick Thigh 1ea- <u>Grilled Cheese 1.5 oz</u> Peas & Carrots ¼ c. Whle Wht Dinner Roll 1 ea. Orange (138ct) 1ea. 1% White Milk 6oz.</p>	<p>17. WG Brd. Chicken Strips- 3ea-<u>Chili Beans ¾ c. and Cheese 1 oz.</u> <u>Whl Wht Bread 1 sl.</u> Toss Sld w/carrot ¼ c. Tropical Fruit ½ c. 1% White Milk 6oz.</p>
	<p>21. Chicken Meatballs 2ea. w/gravy 1 oz <u>Garden Burger 1 ea.</u> WG Brown Rice ½ c. Toss Salad ¼ c. Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>22. Turkey Ham 6sl & <u>Grilled Cheese 2. sl</u> Whl Wht Bread 1 sl. Baby Carrots 1.6 oz Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>	<p>23. Bk Chicken Drum. 1c.- <u>Garden Burger 1 ea.</u> Whle Wht Dinner Roll 1 ea. Broccoli ¼ c. Tropical Fruit ½ c. 1% White Milk 6oz.</p>	<p>24. Spaghetti w/ meat sauce ¾ c.-<u>Mac and Cheese</u> ¾ c. Hi C Salad ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6oz.</p>
<p>27. Build Your Own Burrito WG 6" Flour Tortilla 1ea. Seasoned Ground Beef ¼ c. <u>Refried Beans ¾ c.</u> Shred. Cheese ½ oz. Cabbage and Cilantro ¼ c. Diced Pears ½ c. 1% White Milk 6oz.</p>	<p>28. Beef SalisburySteak1ea with gravy 1 oz <u>Garden Burger 1 ea.</u> Whle Wht Dinner Roll 1 ea. Corn ¼ c. Orange (138ct) 1ea. 1% White Milk 6oz.</p>	<p>29. Italian Chick Thigh 1ea- <u>Chili Beans ¾ c. and Cheese 1 oz.</u> WW Bread 1 sl. Broccoli ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6oz.</p>	<p>30. Mac & Cheese ¾ c. Veg. Medley ¼ c. Sliced Apple w/vitc 1ea 1% White Milk 6oz.</p>	

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