



April 2019  
Vegetarian K-8 Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea Nuggets Whole Grain Brown Rice Broccoli Fruit BBQ Dipping Sauce <b>1</b>	Whole Grain Macaroni & Cheese Mixed Vegetables Fruit <b>2</b>	BBQ Chickpeas Whole Grain Brown Rice Green Beans Fruit <b>3</b>	Whole Grain Cheese Enchilada w/Tomato Sauce Brown Rice & Beans Corn w/Peppers Fruit <b>4</b>	Whole Grain Cheese Pizza Carrots Fruit <b>5</b>
Whole Grain Caprese Panini on Whole Grain Panini Potato Wedges Fruit <b>8</b>	Whole Grain Cheese Quesadilla Black Beans & Corn Fruit w/Sour Cream <b>9</b>	Veggie Carbonara Whole Grain Pasta Broccoli Fruit <b>10</b>	Scrambled Eggs Sweet Potato Homefries WG Biscuit Fruit Ketchup <b>11</b>	Whole Grain Cheese Pizza Green Beans Fruit <b>12</b>
Whole Grain Cheese Enchilada w/Tomato Sauce Brown Rice & Beans Corn w/Peppers Fruit <b>15</b>	Chickpea Nuggets Whole Grain Brown Rice Broccoli w/Sweet & Sour Dipping Sauce <b>16</b>	Roasted Veggie & Cheese Panini on WG Panini Sweet Potato Wedges Fruit <b>17</b>	Teriyaki Tofu Whole Grain Brown Rice Mixed Vegetables Fruit <b>18</b>	Whole Grain Cheese Pizza Green Peas Fruit <b>19</b>
Eggplant Parmesan Cheese Tortellini Broccoli Fruit <b>22</b>	Veggie Burger Whole Wheat Hamburger Bun Baked Beans Fruit Ketchup <b>23</b>	Tofu Fajita Rice Bowl Whole Grain Brown Rice Corn w/Red Peppers Fruit <b>24</b>	Sweet Potato Corn Cake w/Honey Mustard Sauce Whole Grain Brown Rice Carrots Fruit <b>25</b>	Whole Grain Cheese Pizza Mixed Vegetables Fruit <b>26</b>
Whole Grain Three Cheese Calzone w/Marinara Sauce Broccoli Fruit <b>29</b>	Black Bean & Sweet Potato Nachos Baked Tortilla Chips Mixed Vegetables Fruit <b>30</b>			