



February 2018

Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Stuffed Shells w/Marinara Sauce Broccoli Fruit Whole Wheat Roll 1	Black Bean, Corn, & Cheese Empanada Carrots Fruit 2
Falafel Hummus Pita Bread Carrots Fruit 5	Egg & Cheese Sandwich On/Whole Grain English Muffin Vegetable Medley Fruit Ketchup 6	Macaroni & Cheese Green Peas Wheat Roll Fruit 7	Vegetarian Curry Brown Rice Pilaf Collard Greens Fruit 8	Cheese Quesadilla w/Sour Cream Broccoli Fruit 9
Veggie Fritter w/Ranch Dip Whole Grain Soft Tortillas California Blend Vegetables Fruit 12	Veggie Carbonara Whole Grain Pasta Broccoli Whole Wheat Roll Fruit 13	BBQ Chickpeas Brown Rice Kale Greens Fruit 14	Nut-Free Pesto Cheese Tortellini Carrots Fruit 15	Whole Grain Cheese Pizza Mixed Vegetables Fruit 16
19 Presidents Day!	20 Winter Break	21 Winter Break!	22 Winter Break!	23 Winter Break!
Veggie Pie Kale Greens Whole Grain Roll Fruit 26	Tofu w/Onions & Mushrooms Brown Rice Broccoli Whole Grain Roll Fruit 27	Veggie Burger Whole Wheat Hamburger Bun Home Fries Fruit Ketchup 28		