



April 2018

Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Falafel Hummus Brown Rice Green Peas Fruit <b style="float: right;">2	Egg & Cheese Sandwich On/Whole Grain English Muffin Carrots Fruit Ketchup <b style="float: right;">3	Black Bean Sweet Potato Nachos Baked Tortilla Chips Green Beans Fruit <b style="float: right;">4	BBQ Texas Veg Burger w/Onion Rings Whole Wheat Hamburger Bun Kale Greens Fruit Ketchup <b style="float: right;">5	Whole Grain Cheese Pizza Broccoli Fruit <b style="float: right;">6
BBQ Chickpeas Brown Rice Mixed Vegetables Fruit BBQ Dipping Sauce <b style="float: right;">9	Macaroni & Cheese Carrots Fruit <b style="float: right;">10	Tofu Tacos w/Cheese Whole Grain Soft Tortillas (2) Black Beans Fruit <b style="float: right;">11	Vegetarian Curry Brown Rice Green Beans Whole Grain Roll Fruit <b style="float: right;">12	Tofu Parmesan w/Marinara Sauce Whole Grain Pasta Broccoli Fruit <b style="float: right;">13
Chickpea Nuggets Brown Rice Green Beans Fruit Sweet & Sour Dipping Sauce <b style="float: right;">16	Black Bean, Corn, & Cheese Empanada Green Peas Fruit <b style="float: right;">17	Cheese Quesadilla Broccoli Fruit w/Sour Cream <b style="float: right;">18	Braised Tofu Brown Rice Vegetable Medley Whole Grain Roll Fruit <b style="float: right;">19	Whole Grain Cheese Pizza Carrots Fruit <b style="float: right;">20
Cheese Tortellini Alfredo Broccoli Fruit <b style="float: right;">23	Tofu Bolognese Pasta w/Parmesan Cheese Whole Grain Pasta Green Peas Fruit <b style="float: right;">24	Corn Fritters Whole Grain Waffle Sweet Potato Fries Fruit w/Syrup <b style="float: right;">25	Tofu Fajita Bowl Brown Rice Black Beans Fruit <b style="float: right;">26	Roasted Veggies & Cheese Panini w/Caramelized Onions Vegetable Medley Fruit <b style="float: right;">27
Veggie Burger Whole Wheat Hamburger Bun Carrots Fruit Ketchup <b style="float: right;">30				