



December 2017

Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	Whole Grain Cheese Pizza Carrots Fruit 1
Veggie Burger Whole Wheat Hamburger Bun Fruit Sweet Potato Home Fries Ketchup 4	General Tso's Tofu Brown Rice Green Peas Whole Grain Roll Fruit 5	Veggie Pie Mixed Vegetables w/ Broccoli Fruit Whole Wheat Roll 6	Stuffed Shells w/Marinara Sauce Broccoli Fruit Whole Wheat Roll 7	Smoke House Chili w/Squash Brown Rice Whole Grain Roll Fruit 8
Falafel Hummus Pita Bread Broccoli Fruit 11	Vegetarian Curry Brown Rice Vegetable Medley Fruit Wheat Roll 12	Macaroni & Cheese Green Peas Wheat Roll Fruit 13	Veggie Fritter w/ Tomato Dipping Sauce Brown Rice Pilaf Carrots Fruit 14	Cheese Quesadilla w/Sour Cream Green Beans Fruit 15
Veggie Pie Corn Whole Wheat Roll Fruit 18	Veggie Carbonara Whole Grain Pasta Broccoli Whole Wheat Roll Fruit 19	Black Bean, Corn, & Cheese Empanada California Blend Vegetables Fruit 20	Falafel Hummus Carrots Pita Bread Fruit 21	Holiday 22
Christmas Holiday! 25	Holiday! 26	Holiday! 27	Holiday! 28	Holiday! 29

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shellfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility. Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.