



March 2018

Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	Stuffed Shells w/Marinara Sauce Mixed Vegetables Whole Grain Roll Fruit 1	Cheese Quesadilla w/Sour Cream Carrots Fruit 2
Falafel Hummus Carrots Pita Bread Fruit 5	Egg & Cheese Sandwich On/Whole Grain English Muffin Vegetable Medley Fruit Ketchup 6	Macaroni & Cheese Green Peas Whole Grain Roll Fruit 7	Vegetarian Curry Brown Rice Collard Greens Fruit 8	Whole Grain Cheese Pizza Broccoli Fruit 9
Veggie Fritter w/Ranch Dip Whole Grain Soft Tortilla Broccoli Fruit 12	Veggie Carbonara Whole Grain Pasta Spinach Whole Grain Roll Fruit 13	BBQ Chickpeas Brown Rice Green Peas Fruit 14	Crispy Tofu w/Cabbage Brown Rice Carrots Whole Grain Roll Fruit 15	Whole Grain Cheese Pizza Mixed Vegetables Fruit 16
Tofu Parmesan w/Marinara Sauce Pasta Broccoli Fruit Whole Grain Roll 19	Chickpea Nuggets Sweet & Sour Sauce Brown Rice Green Peas Fruit 20	Corn Fritters Whole Grain Waffle Sweet Potato Home Fries Fruit Syrup 21	Tofu Fajita Bowl Black Beans & Brown Rice Fruit Whole Grain Roll 22	Whole Grain Cheese Pizza Carrots Fruit 23
Veggie Pie Brown Rice Kale Greens Whole Grain Roll Fruit 26	Veggie Burger Whole Wheat Hamburger Bun Home Fries Fruit Ketchup 27	Tofu Bolognese Pasta w/Parmesan Cheese Pasta Carrots Fruit 28	Nut-Free Pesto Cheese Tortellini Broccoli Whole Grain Roll Fruit 29	Whole Grain Cheese Pizza Green Beans Fruit 30