



May 2018

Vegetarian K-8 Lunch 4 Week

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 30 | Veggie Meatball Sub w/Marinara Sauce on Whole Grain Sub Roll Broccoli Fruit 1 | Whole Grain Cheese Pizza Corn Fruit 2 | Macaroni & Cheese Green Peas Whole Grain Roll Fruit 3 | Cinco de Mayo Meal! Black Bean Sweet Potato Baked Tortilla Chips Vegetable Medley Fruit 4 |
| Chickpea Nuggets Brown Rice Broccoli Fruit BBQ Dipping Sauce 7 | Cheese Quesadilla Mixed Vegetables Fruit w/Sour Cream 8 | Veggie Burger on Whole Wheat Hamburger Baked Beans Fruit Ketchup 9 | Tangerine Tofu Brown Rice Green Peas Fruit 10 | Black Bean, Corn, & Cheese Empanada Carrots Fruit 11 |
| BBQ Chickpeas Brown Rice Broccoli Fruit 14 | Tofu Tacos w/Cheese Whole Grain Soft Tortillas (2) Black Beans & Corn Fruit 15 | Veggie Carbonara Whole Grain Pasta Mixed Vegetables Fruit 16 | French Toast w/veg sausage Sweet Potato Fries Fruit w/Syrup 17 | Roasted Veggies & Cheese Panini w/Caramelized Onions Whole Grain Panini Carrots Fruit 18 |
| Tofu Parmesan w/Marinara Sauce Whole Grain Pasta Cauliflower Fruit 21 | Chickpea Nuggets Brown Rice Vegetable Medley Fruit Sweet & Sour Sauce 22 | Vegetable Curry Brown Rice Broccoli Fruit 23 | Roasted Veggie & Cheese Bomb Sandwich on Whole Grain Sub Roll Sweet Potato Fries Fruit 24 | Whole Grain Cheese Pizza Carrots Fruit 25 |
| Memorial Day! 28 | Whole Grain Cheese Pizza Carrots Fruit 29 | Tofu Fajita Bowl Brown Rice Black Beans Fruit 30 | Stuffed Shells w/Marinara Green Beans Fruit Whole Grain Roll 31 | |