



# August 2019

## Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b>	<b>30</b>	<b>31</b>	Whole Grain Cheese Pizza  Mixed Vegetables Fruit  <b>1</b>	Chickpea Nuggets  Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Dipping Sauce  <b>2</b>
Whole Grain Cheese Enchilada  w/Tomato Sauce Brown Rice & Beans California Veggies Fruit  <b>5</b>	Roasted Veggies & Cheese Panini  On Whole Grain Panini Potato Wedges Fruit Ketchup  <b>6</b>	Whole Grain Cheese Quesadilla  Black Beans & Corn Fruit w/Sour Cream  <b>7</b>	Whole Grain Cheese Pizza  Carrots Fruit  <b>8</b>	Black Bean Sweet Potato Hash  Whole Grain Brown Rice Green Peas Fruit  <b>9</b>
Veggie Pot Pie  whole Grain Biscuit Carrots Fruit  <b>12</b>	Teriyaki Tofu  Whole Grain Brown Rice Mixed Vegetables Fruit  <b>13</b>	Vegetarian Chop Suey  Whole Grain Pasta Broccoli Fruit  <b>14</b>	Whole Grain Cheese Pizza  Green Beans Fruit  <b>15</b>	Buffalo Chickpea & Cheese Panini  On Whole Grain Panini Potato Wedges Fruit Ketchup  <b>16</b>
Tofu & Artichoke Picatta  Whole Grain Pasta Broccoli Fruit  <b>19</b>	Veggie Meatball Sub w/Marinara Sauce  Whole Grain Sub Roll Mixed Vegetables Fruit  <b>20</b>	Black Bean & Tofu Nachos  WG Baked Tortilla Chips Black Beans & Corn Fruit  <b>21</b>	Whole Grain Cheese Pizza  Carrots Fruit  <b>22</b>	BBQ Tofu  Whole Grain Brown Rice Broccoli Fruit  <b>23</b>
Vegetarian Jambalaya  Whole Grain Brown Rice Sweet Potato Hash Fruit  <b>26</b>	Whole Grain Macaroni & Cheese  Green Peas Fruit  <b>27</b>	Veggie Burger  Whole Wheat Hamburger Bun Baked Beans Fruit Ketchup  <b>28</b>	Whole Grain Cheese Pizza  California Veggies Fruit  <b>29</b>	Chickpea Nuggets  Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Dipping Sauce  <b>30</b>