



Lunch Menu

Unless specified, all meals are vegetarian

Day	Week One	Week Two	Week Three
Monday	Mac & Cheese with Tofu and Vegetables Fruit	Minestrone Soup Spinach & Garlic Puffs Fruit	Chicken Fingers Vegetarian: Tofu Fingers Mashed Potatoes Coleslaw Fruit
Tuesday	Chicken Cacciatore Vegetarian: Tofu cacciatore Macaroni Applesauce	Beef and Vegetable Pasta Vegetarian: Plant-Based Protein and Vegetable Pasta Garden Salad Applesauce	Dal Tadka Pita Bread Rice Vegetable Tray Applesauce
Wednesday	Spanish Rice with Beef Vegetarian: Spanish Rice with Plant-Based Protein Garden Salad Fruit	Charcuterie Board Hardboiled Egg Cheese Vegetables Crackers Fruit	Beef and Vegetable Chili Vegetarian: Tofu Chili Cornbread Fruit
Thursday	Chicken Rice Soup Vegetarian: Tofu Rice Soup Mushroom & Onion Tarts Baked Dessert	Butter Chicken Vegetarian: Butter Tofu Rice Steamed Vegetables Baked Dessert	Bean & Cheese Quesadillas Veggie Tray Baked Dessert
Friday	Chickpea Pot Pie Garden Salad Fruit	Koshari (Rice, Lentil & Macaroni with Crispy Onions in Tomato Sauce) Steamed Vegetables Fruit	Chicken Salad Wraps Vegetarian: Chickpea Salad Wraps Garden Salad Fruit

Milk, and water served at every lunch

Snack Menu





Day	Week One	Week Two	Week Three
Monday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Yogurt Granola	P.M. Bear Paws/ Vegan Muffins Apples	P.M. Applesauce Crackers
Tuesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Cheese String Pickles Triscuits	P.M. Vegetables Pita Edamame Dip	P.M. Tostitos Salsa Black Bean Dip
Wednesday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Vegetables Pita Roasted Red Pepper Dip	P.M. Bananas with Honey & Rice Krispies	P.M. Pita Cucumber Slices Tzatziki
Thursday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Fruit Salad Crackers	P.M. Mixed Vegetable Salad with Croutons Salad Dressing	P.M. Yogurt Granola
Friday	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar	A.M. Cereal/Nutrigrain Bar
	P.M. Mixed Whole Fruit Oatmeal Bites	P.M. Oranges Crackers	P.M. Mixed Whole Fruit Goldfish Crackers

A.M. Snack served with milk or water.

P.M. Snack served with water.

*****Fruit is served at every snack*****

