

All Ages Vegetarian Lunch Menu October 2017



***12-23 Months Served with 4oz Whole Milk, 24-35 Months Served with 4oz 1% Milk, 36 Months - 5 years Served with 6oz 1% Milk, School Age Served 8oz 1% ***
(1-2 Year Old Substitutions listed in italics)

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
October 2 Lentil Cheese Steak Lentils in Marinara Sauce Hoagie Roll California Vegetable Blend Fruit Milk	October 3 Cheese Quesadilla Cheddar Cheese Soft Shell Tortilla Celery Sticks (Cooked Peas) Fruit Milk	October 4 Grilled Teriyaki Tofu Tofu Garlic Green Beans Brown Rice Fruit Milk **Cultural Meal - Asia**	October 5 Egg, and Cheese Wrap Scrambled Egg Patty American Cheese Tortilla Shell Breakfast Potatoes Fruit Milk	October 6 Veggie Burger with Gravy Dinner Roll Garden Salad (California Veg Blend) Ranch Fruit Milk
October 9 Chic Pea Salad Wheat Bread Fresh Broccoli (Cooked Broccoli) Ranch Dressing Fruit Milk	October 10 Bean Taco Salad Refried Beans Toppings (Cheddar, Lettuce, Salsa) Tortilla Shell Corn Fruit Milk	October 11 Eggplant Parmesan Egg Plant Mozzarella Cheese Sautéed Spinach and Couscous Fruit Milk	October 12 Scrambled Eggs Scrambled Eggs Wheat Bread with Fruit Spread Breakfast Potatoes Fruit Milk	October 13 Mac and Cheese Pasta Cheese Sauce Peas Fruit Milk
October 16 Lentil Cheese Steak Lentils in Marinara Sauce Shredded Mozzarella Cheese Hoagie Roll Cooked Carrots Fruit Milk	October 17 Breaded Pickle Chips Breaded Pickle Chips Three Bean Salad Fruit Milk	October 18 Veggie Cheese Burger Black Bean Burger American Cheese Ketchup Roll Tater Tots Fruit Milk	October 19 Lentil Loaf with Mushroom Sauce Lentil Loaf Mushroom Sauce Brown Rice 4 Way Veg Blend Fruit Milk	October 20 Baked Beans Bread Stick Garden Salad (California Blend) Ranch Dressing Fruit Milk
October 23 Veggie Burger Veggie Burger Mayo Sandwich Roll Fresh Broccoli (Cooked Broccoli) Ranch Fruit Milk	October 24 Baked Ziti Ricotta and Mozzarella Cheese Pasta Marinara Sauce Garlic Green Beans Fruit Milk	October 25 White Bean and Fennel Stew Brown Rice Fruit Milk **Try Something New**	October 26 Scrambled Eggs Wheat Bread with Fruit Spread Breakfast Potatoes Fruit Milk	October 27 Creamed Corn and Biscuits Creamed Corn Biscuits Baked Beans Fruit Milk

<p>October 30 Lentil Joe</p> <p>Lentil BBQ Sandwich Roll Peas Fruit Milk</p>	<p>October 31 Loaded Baked Potato</p> <p>Baked Potato Cheddar Cheese Pumpkin Bread Fruit Milk</p> <p>**Fall Celebration Meal**</p>			
--	---	--	--	--