**VEGETARIAN LUNCH MENU**

**February 2019**

®

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|  Monday  | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1½ Egg Salad Sandwich on Whole Grain Bread, Peas & Carrots & Pear |
| 4Stuffed Shells w/ Tomato Sauce & 100% Ricotta Cheese, Broccoli & Applesauce | 5Tomato Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Corn & Pear | 6Whole Grain Cavatelli Pasta w/Broccoli, Tofu, Corn & Strawberries | 7Whole Grain Bean Burrito, Whole Grain Mac and Cheese, Peas & Orange | 8Whole Grain Spaghetti w/sauce, Mozzarella Sticks, Carrots & Apple |
| 11Cheese Quessadilla on Whole Grain Tortilla, Green Beans & Orange | 12Veggie Burger on Whole Grain Bun, Cauliflower & Pear | 13Whole Grain Pasta w/Tomato Sauce, Mozzarella Sticks, Broccoli & Peach | 14Raviolli w/ 100% Ricotta Cheese, Tomato Sauce, Green Beans & Plum | 15Pizza (100% Mozzarella Cheese), Tomato Sauce, Cauliflower & Clementine |
| 18School ClosedPresident’s Day | 19Vegetable Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Broccoli & Banana | 20Cheese Ravioli w/ Tomato Sauce & 100% Ricotta Cheese, Mixed Veggies & Peach | 21Whole Grain Spaghetti w/sauce, Mozzarella Sticks, Carrots & Applesauce | 22½ Egg Salad Sandwich on Whole Grain Bread, Peas & Apple |
| 25Grilled Cheese Sandwich on Whole Grain Bread, Roasted Potatoes, Broccoli & Apple | 26Whole Grain Bean Burrito, Brown Rice, Mixed Veggies & Peach | 27Cheese Quessadilla on Whole Grain Tortilla, Mac & Cheese w/Whole Grain Pasta, Peas & Applesauce | 28Whole Grain French Toast, ½ Cup of Yogurt, Roasted Potatoes, Peas & Pear |  |

* Children Ages 1-2 years old will be served 4 oz of whole milk .

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* Children Ages 3-5, 6-12, 13-18 years old will be served

 6 oz of 1% milk.

* All children are served water with snack