**VEGETARIAN LUNCH MENU**

**February 2019**

®

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  | 1  ½ Egg Salad Sandwich on Whole Grain Bread, Peas & Carrots & Pear |
| 4  Stuffed Shells w/ Tomato Sauce & 100% Ricotta Cheese, Broccoli & Applesauce | 5  Tomato Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Corn & Pear | 6  Whole Grain Cavatelli Pasta w/Broccoli, Tofu, Corn & Strawberries | 7  Whole Grain Bean Burrito, Whole Grain Mac and Cheese, Peas & Orange | 8  Whole Grain Spaghetti w/sauce, Mozzarella Sticks, Carrots & Apple |
| 11  Cheese Quessadilla on Whole Grain Tortilla, Green Beans & Orange | 12  Veggie Burger on Whole Grain Bun, Cauliflower & Pear | 13  Whole Grain Pasta w/Tomato Sauce, Mozzarella Sticks, Broccoli & Peach | 14  Raviolli w/ 100% Ricotta Cheese, Tomato Sauce, Green Beans & Plum | 15  Pizza (100% Mozzarella Cheese), Tomato Sauce, Cauliflower & Clementine |
| 18  School Closed  President’s Day | 19  Vegetable Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Broccoli & Banana | 20  Cheese Ravioli w/ Tomato Sauce & 100% Ricotta Cheese, Mixed Veggies & Peach | 21  Whole Grain Spaghetti w/sauce, Mozzarella Sticks, Carrots & Applesauce | 22  ½ Egg Salad Sandwich on Whole Grain Bread, Peas & Apple |
| 25  Grilled Cheese Sandwich on Whole Grain Bread, Roasted Potatoes, Broccoli & Apple | 26  Whole Grain Bean Burrito, Brown Rice, Mixed Veggies & Peach | 27  Cheese Quessadilla on Whole Grain Tortilla, Mac & Cheese w/Whole Grain Pasta, Peas & Applesauce | 28  Whole 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