**VEGETARIAN LUNCH MENU**

**October 2019**

®

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[www.icankidschildcare.com](http://www.icankidschildcare.com)

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| --- | --- | --- | --- | --- |
|  Monday  | Tuesday | Wednesday | Thursday | Friday |
|  | 1Whole Grain Bean Burrito, Whole Grain Mac & Cheese, Cauliflower & Plum | 2Spaghetti w/ Tomato Sauce, Mozzarella Sticks, Peas & Banana | 3Pizza w/100% Mozzarella Cheese, Tomato Sauce, Broccoli & Apple | 4Veggie Burger on Whole Grain Bun, Peas & Carrots & Pear |
| 7Stuffed Shells w/ Tomato Sauce & 100% Ricotta Cheese, Broccoli & Apple | 8 ½ Grilled Cheese Sandwich on Whole Grain Bread, ½ Cup of Yogurt, Corn & Pear | 9Cheese Tortellini w/ Tomato Sauce, Cauliflower & Banana | 10Vegetable LoMein, ½ Cup Yogurt, Peas & Apple | 11Cheese Quessadilla on Whole Grain Tortilla, Brown Rice, Green Bean & Applesauce |
| 14Whole Grain French Toast, ½ cup Yogurt, Roasted Potatoes & Applesauce | 15Whole Grain Pasta w/Tomato Sauce, Mozzarella Sticks, Broccoli & Peach | 16Veggie Burger on Whole Grain Bun, Cauliflower & Pear | 17Raviolli w/ 100% Ricotta Cheese, Tomato Sauce, Green Beans & Plum | 18Whole Grain Bean Burrito, Whole Grain Mac & Cheese, Peas & Orange |
| 21Cheese Tortellini w/ Tomato Sauce, Carrots & Pear | 22Vegetable Soup, ½ Grilled Cheese Sandwich on Whole Grain Bread, Broccoli & Banana | 23Cheese Ravioli w/ Tomato Sauce & 100% Ricotta Cheese, Mixed Veggies & Peach | 24Baked Ziti w/ 100% Mozzarella & Ricotta Cheese, Tomato Sauce, Broccoli & Banana | 25Pizza w/ 100% Mozzarella Cheese, Tomato Sauce, Corn & Orange |
| 28Grilled Cheese Sandwich, ½ cup Yogurt, Green Beans & Apple | 29Veggie Burger on Whole Grain Bun, Green Beans & Banana | 30Whole Grain French Toast, ½ Cup Yogurt, Roasted Potatoes & Applesauce | 31 |  |

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

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* Children Ages 3-5 will be served 6oz 1%milk
* 6-12, 13-18 years old will be served 8 oz of 1% milk.
* All children are served water with snack