

VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	5/2 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	5/3 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
5/6 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	5/7 Vegetarian Chili over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	5/8 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/9 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	5/10 Cheese Ravioli w/Pesto <u>Peas & Carrots</u> C California Vegetables Roll w/Butter FRUIT/DESSERT
5/13 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/14 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/15 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	5/16 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	5/17 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT
5/20 Cheese Ravioli w/Pesto <u>Peas & Carrots</u> C California Vegetables Roll w/Butter FRUIT/DESSERT	5/21 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	5/22 Vegetarian Chili over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	5/23 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/24 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
5/27 MEMORIAL DAY HOLIDAY	5/28 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	5/29 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	5/30 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	5/31 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT

All meals served with
lowfat milk.

**2 DAILY ALTERNATIVE ENTREE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(BEEF TACO SALAD).**

— Vitamin A
C Vitamin C

+ Higher in sodium