



<b>Menu Subject to Change</b>					<b>Vegetarian Menu</b>					<b>Grades K - 8</b>					<b>2014-2015</b>									
<b>Monday</b>					<b>Tuesday</b>					<b>Wednesday</b>					<b>Thursday</b>					<b>Friday</b>				
9/15, 10/20, 11/24, 12/29, 2/2, 3/9, 4/13, 5/18, 6/15, 7/20, 5/18, 6/22, 7/27															1/1,									
<b>Vegetarian Italian Rounds (6 ea.) 20G</b> Mashed Potato (3/8 c.) <b>12.5 G</b> Fresh Carrots (1/2 c.) <b>7G</b> Pineapple Tidbits (1/2c.) <b>19G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					<b>Refried Beans (1/2 c) 20G</b> Corn Tortilla Chips 18 chips (2 oz) <b>32G</b> Fresh Diced Tomatoes (1/4 c) <b>1.5G</b> Shredded Romaine (1 c) <b>1.5G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Taco Sauce Packet <b>1G</b> & Sour Cream (1/2 oz) <b>1G</b> Apple <b>18G</b>					<b>Garden Burger 6G</b> WG Hamburger Bun <b>28G</b> Ketchup (1/2 oz) <b>3G</b> & Pickles (1 oz) <b>0G</b> Vegetarian Baked Beans (1/2 c) <b>29G</b> Fresh Zucchini (1/2 C) <b>3G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Orange <b>19G</b>					<b>Macaroni &amp; Cheese (2/3 c.) 29G</b> Fresh Broccoli (3/4 c) <b>4.5G</b> Fresh Strawberries (1/2 c) <b>6G</b> Ranch Dressing Packet <b>&lt;1G</b>					<b>Vegetarian Crispy Nuggets (5 each) 24G</b> Dipping Sauce 1/2 oz <b>8G</b> Vegetable Fried Brown Rice (3/4 c) <b>52.5G</b> Fresh Cucumber Coins (3/4 c) <b>3G</b> Ranch Dressing Packet <b>&lt;1G</b> Banana <b>27G</b>				
9/22, 10/27, 12/1, 1/5, 2/9, 3/16, 4/20, 5/25, 6/29										7/1,														
<b>Vegetarian Hot Dog 2G</b> WG Bun <b>30G</b> Vegetarian Chili (1/2 c) <b>19G</b> Tropical Fruit Salad (1/2 c) <b>17G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Fresh Carrots (1/2 c) <b>7G</b>					<b>Pinto Bean Taco (1/2 c) 18 G</b> Taco Sauce <b>1G</b> Sour Cream (1/2 oz) <b>1G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Whole Grain Tortilla <b>19G</b> Shredded Lettuce (1 c) <b>1.5G</b> Fresh Orange <b>19G</b>					<b>Italian Dunker Cheese Bread 30G</b> Marinara (1/4 c) <b>7G</b> Kale & Spring Green Salad (1 c) <b>5G</b> Croutons (1 Package) <b>5G</b> Balsamic Dressing (1/2 oz) <b>5G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					<b>Vegetarian Crispy Nuggets (5 each) 24G</b> Creamy Mashed Potato (1/2 c) <b>16G</b> Cranberry Sauce (1/4 c) <b>25G</b> Fresh Zucchini Coins (1/4 c) <b>&lt;2</b> Ranch Dressing Packet <b>&lt;1G</b> Banana <b>27G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					<b>Vegetarian Italian Rounds 6 each 20G</b> Marinara Sauce (1/4 c) <b>7G</b> Rotini Pasta (1 c) <b>38G</b> Shredded Mozz. 1/8 c (1/2 oz) <b>&lt;1 G</b> Shredded Lettuce (1 c) <b>1.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Apple				
9/29, 11/3, 12/8, 1/12, 2/16, 3/23, 4/27, 6/1, 7/6										10/1,										5/1,				
<b>Cheese Omelet (1 ea.) 1G</b> Ranch Dressing Packet <b>&lt;1G</b> Grape Tomatoes (1/4 c) <b>2G</b> Baked Tator Rounds (1/2 c) <b>21G</b> Fresh Apple <b>18G</b> Whole Grain Giant Graham <b>19G</b>					<b>Garden Burger 6G</b> WG Hamburger Bun <b>28G</b> Ketchup Packet <b>3G</b> Pickles (1 oz.) <b>&lt;1G</b> Tomato (1) <b>&lt;1G</b> , Cheese Slice (1) <b>&lt;1G</b> Lettuce (1) <b>&lt;1G</b> Vegetarian Baked Beans (1/2 c) <b>29G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b>					WG Cheese Lasagna Rolls (1 each) <b>22G</b> Marinara Sauce (1/4 c) <b>7G</b> Shredded Lettuce (1 c) <b>1.5G</b> French Dressing Packet <b>2G</b> Fresh Grapes 1/2 c <b>14G</b> Garlic Breadstick <b>18G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b>					<b>Teriyaki Tofu (1/2 c.) 3G</b> Vegetable Fried Brown Rice (1/2 c) <b>35G</b> Cole Slaw (1/4 c) <b>6G</b> Fresh Carrots (1/2 c) <b>7G</b> Mandarin Oranges (1/2 c) <b>20G</b>					<b>Bean &amp; Cheese Burrito 44G</b> Shredded Lettuce (1 c) <b>1.5G</b> Steamed Green Beans (1/4 c) <b>2.5G</b> Banana <b>27G</b>				
9/1, 10/6, 11/10, 12/15, 1/19, 2/23, 3/30, 5/4, 6/8, 7/13										4/1,														
<b>Hot Sub Sandwich</b> <b>Vegetarian Italian Rounds (4) 13G</b> Marinara Sauce (1/4 c) <b>7G</b> Shredded Mozz. 1/8 c (1/2 oz) <b>.5G</b> Fresh Carrots (1/2 c) <b>7G</b> Baked Tator Tots (1/2 c) <b>21G</b> Raisins (1 box = 1/2 c fruit) <b>31G</b>					*Macaroni & Cheese (2/3 c) <b>29G</b> Fresh Broccoli (3/4 c) <b>4.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Apple <b>18G</b> *Note serving sizes are larger for vegetarians to meet protein requirements					<b>Vegetarian Hot Dog 2G</b> Ketchup Packet <b>3G</b> Romaine Salad (1 c) <b>1.5G</b> French Dressing Packet <b>2G</b> Banana <b>27G</b> Vegetarian Baked Beans (3/4 c) <b>44G</b>					Wheat Pancakes (2) <b>27G</b> Maple Syrup <b>31G</b> Yogurt Cup (1/2 c.) <b>19G</b> Fresh Grapes (1/2 c) <b>14G</b> Fresh Cucumbers (1/4 c) <b>3G</b> Veggie Fruit Juice <b>13G</b>					<b>Garden Burger 6G</b> WG Hamburger Bun <b>28G</b> Cowboy Corn Salsa (1/4 c) <b>6G</b> Corn Tortilla Chips 9 chips (1 oz) <b>18G</b> Fresh Grape Tomatoes (1/2 c) <b>4G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Orange <b>19G</b> Ketchup Packet <b>3G</b>				
9/8, 10/13, 11/17, 12/22, 1/26, 3/2, 4/6, 5/11, 6/15, 7/20																								
<b>Vegetarian Crispy Nuggets (5 ea) 24G</b> BBQ Sauce PC <b>8G</b> Steamed Green Beans (3/4 c) <b>7.5G</b> Diced Peaches (1/2 c) <b>15G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					<b>Vegetarian Hot Dog 2G</b> WG Hot Dog Bun <b>30G</b> Ketchup Packet <b>3G</b> Steamed Corn (1/2 c) <b>16G</b> Fresh Cucumber (1/4 c) <b>2G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b> Vegetarian Baked Beans (1/4 c.) <b>15G</b>					<b>Cheese Quesadilla 41G</b> Shredded Lettuce (1 c) <b>1.5G</b> Taco Sauce <b>1G</b> Refried Beans (1/2 c) <b>14G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Fresh Apple <b>18G</b>					<b>WG Cheese Lasagna Rolls (1 each) 22G</b> with Marinara Sauce (1/4 c.) <b>7G</b> Garlic Breadstick <b>18G</b> Romaine Salad (1 c.) <b>1.5G</b> Italian Dressing Packet <b>&lt;1 G</b> Banana <b>27G</b>					<b>Garden Burger 6G</b> WG Hamburger Bun <b>28G</b> Fresh Carrots (3/4 c) <b>10.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Grapes 1/2 c <b>14G</b>				

**MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED**