

VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2/1 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	2/2 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT
2/5 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	2/6 C Cheesy Enchilada Bake California Vegetables <u>Spinach</u> FRUIT/DESSERT	2/7 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	2/8 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	2/9 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
2/12 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	2/13 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	2/14 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	2/15 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	2/16 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT
2/19 PRESIDENT'S DAY HOLIDAY	2/20 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	2/21 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	2/22 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	2/23 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
2/26 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	2/27 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	2/28 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	2/29 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHICKEN CAESAR).

— Vitamin A
C Vitamin C

+ Higher in sodium