



December 2018

Vegetarian K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Meatball w/Marinara Whole Grain Pasta Carrots Fruit <b style="text-align: right;">3	Whole Grain Cheese Quesadilla Broccoli & Cauliflower Fruit w/Sour Cream <b style="text-align: right;">4	Cheesy Rice & Vegetable Casserole Whole Grain Brown Rice Vegetable Medley Fruit <b style="text-align: right;">5	Mushroom Black Bean Patty w/Honey Mustard Whole Grain Brown Rice Corn Fruit <b style="text-align: right;">6	Whole Grain Cheese Pizza Mixed Vegetables Fruit <b style="text-align: right;">7
Falafel w/ Apple Chutney Whole Grain Brown Rice Green Peas Fruit <b style="text-align: right;">10	Whole Grain Macaroni & Cheese Mixed Vegetables Fruit <b style="text-align: right;">11	Whole Grain Three Cheese Calzone Broccoli Fruit <b style="text-align: right;">12	Veg Breakfast Sausage Whole Grain Stuffing Green Beans Fruit <b style="text-align: right;">13	Whole Grain Cheese Pizza Carrots Fruit <b style="text-align: right;">14
Chickpea Nuggets Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Sauce <b style="text-align: right;">17	Roasted Veggies & Cheese Panini Whole Grain Panini Carrots Fruit <b style="text-align: right;">18	Tofu Fajita Bowl w/Shredded Cheddar Whole Grain Brown Rice Black Beans & Corn Fruit <b style="text-align: right;">19	HOLIDAY MEAL Sweet Potato Corn Cake Whole Grain Stuffing Green Beans Fruit <b style="text-align: right;">20	Whole Grain Cheese Pizza Mixed Vegetables Fruit <b style="text-align: right;">21
Veggie Sausage w/Cabbage Whole Grain Brown Rice Broccoli & Cauliflower Fruit <b style="text-align: right;">24	Holiday! <b style="text-align: right;">25	BBQ Chickpeas Whole Grain Brown Rice Mixed Vegetables Fruit <b style="text-align: right;">26	Tofu Bolognese Pasta Whole Grain Pasta Green Peas Fruit <b style="text-align: right;">27	Whole Grain Cheese Pizza Carrots Fruit <b style="text-align: right;">28
Veggie Burger Whole Wheat Bun Carrots Baked Beans Fruit Ketchup <b style="text-align: right;">31				