

## December 2018 Vegetarian K-8 Lunch 4 Week

Monday	Tuesday		Wednesday		Thursday		Friday	
Veggie Meatball w/Marinara	Whole Grain Cheese Quesadilla		Cheesy Rice & Vegetable Casserole		Mushroom Black Bean Patty		Whole Grain Cheese Pizza	
Whole Grain Pasta	Broccoli & Cauliflower		Whole Grain Brown Rice		w/Honey Mustard		Mixed Vegetables	
Carrots	Fruit		Vegetable Medley		Whole Grain Brown Rice		Fruit	
Fruit	w/Sour Cream		Fruit		Corn			
					Fruit			
	3	4		5		6		7
Falafel w/ Apple Chutney	Whole Grain Macaroni & Cheese		Whole Grain Three Cheese Calzone		Veg Breakfast Sausage		Whole Grain Cheese Pizza	
Whole Grain Brown Rice	Mixed Vegetables		Broccoli		Whole Grain Stuffing		Carrots	
Green Peas	Fruit		Fruit		Green Beans		Fruit	
Fruit					Fruit			
-	10	11		12		13		14
Chickpea Nuggets	Roasted Veggies & Cheese Panini		Tofu Fajita Bowl		HOLIDAY MEAL		Whole Grain Cheese Pizza	
Whole Grain Brown Rice	Whole Grain Panini		w/Shredded Cheddar		Sweet Potato Corn Cake		Mixed Vegetables	
Broccoli	Carrots		Whole Grain Brown Rice		Whole Grain Stuffing		Fruit	
Fruit	Fruit		Black Beans & Corn		Green Beans			
Sweet & Sour Sauce			Fruit		Fruit			
	17	18		19		20		21
Veggie Sausage w/Cabbage	Holiday!		BBQ Chickpeas		Tofu Bolognese Pasta		Whole Grain Cheese Pizza	
Whole Grain Brown Rice			Whole Grain Brown Rice		Whole Grain Pasta		Carrots	
Broccoli & Cauliflower			Mixed Vegetables		Green Peas		Fruit	
Fruit			Fruit		Fruit		Truit	
			i fuit					
:	24	25		26		27		28
Veggie Burger								
Whole Wheat Bun								
Carrots								
Baked Beans								
Fruit Ketchup								
-	31							
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City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125

Menu subject to change

Phone 617-606-7123 | Fax 617-606-7126

This institution is an equal opportunity provider.

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shelfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility. Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed.

In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.