



# October Vegetarian K-8 Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Teriyaki Tofu, WG Brown Rice, Green Beans w/Peppers, Fruit	Veggie Sausage, WG French Toast, Sweet Potato Hash, Fruit, Syrup	Whole Grain Cheese Pizza, Mixed Vegetables, Fruit	Falafel w/ Sweet & Sour Sauce, WG Brown Rice, Carrots, Fruit
	1	2	3	4
Philly Tofu & Cheese Sub, on WG Sub Roll, Sweet Potato Wedges, Fruit, Ketchup	Whole Grain Rotini Abruzzi w/Cheesy Tofu, Peppers & Kale, Fruit	Whole Grain Cheese Enchilada w/Tomato Sauce, Brown Rice & Beans, Black Beans & Corn, Fruit	Whole Grain Cheese Pizza, Carrots, Fruits	Whole Grain Cheese Pizza, Carrots, Fruits
7	8	9	10	11
Black Bean & Tofu Nachos, WG Baked Tortilla Chips, Black Beans & Corn, Fruit	Vegetarian Jambalaya, Brown Rice, Spinach, Fruit	BBQ Texas Veggie Burger w/Onion Rings, WG Hamburger Bun, Tater Tots, Fruit, Ketchup	Whole Grain Cheese Pizza, Green Beans, Fruit	Three-Layer Dip, (Tofu Sofritas, Cheese & Refried Beans), w/Sour Cream, WG Baked Tortilla Chips, Fruit
14	15	16	17	18
BBQ Tofu, Whole Grain Brown Rice, Baked Beans, Fruit	Whole Grain Cheese Quesadilla, Black Beans & Corn, Fruit, Sour Cream	Eggplant Parmesan, WG Pasta, Broccoli, Fruit	Whole Grain Cheese Pizza, Carrots, Fruit	Black Bean Sweet Potato Tacos w/Cheese, Whole Grain Soft Tortillas, Corn w/Peppers, Fruit
21	22	23	24	25
Vegetarian Meatball Sub, on WG Sub Roll, Green Beans, Fruit	Vegetarian Carbanara, WG Pasta, Broccoli, Fruit	Crispy Tofu, WG Macaroni & Cheese, Black Eyed Peas, Fruit	Whole Grain Cheese Pizza, Green Beans, Fruit	
28	29	30	31	