



Wholesome Vegetarian Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grilled Cheese on Wheat Vegetable Soup Wheat Crackers Pineapple Milk	Yogurt Green Beans Cornbread Chocolate Pudding Apple Juice	Buttered Noodles Mixed Vegetables Wheat Bread with Butter Pears Milk	Cheese Tacos Corn Brown Rice Peaches Milk	Cheese Sandwich on Wheat Carrots with Ranch Dressing Whole Grain Buttered Rotini Jello with Strawberries Milk
Week 2	Garden Burger on Wheat Green Beans Pita Bread Vanilla Pudding Apple Juice	Wheat French Toast Yogurt Tator Tots – Baked Pears Milk	Cheese Sandwich on Wheat Wheat Bread with Butter Carrots Orange Slices Milk	Homemade Cheese Pizza Mixed Vegetables Yogurt Mandarin Oranges Milk	Veggie Dogs on Wheat Corn Yogurt Apple Sauce Milk
Week 3	Yogurt Corn Wheat Bread with Butter Fruit Cocktail Chocolate Milk	Grilled Cheese on Wheat Vegetable Soup Wheat Crackers Pineapple Lemonade	String Cheese Green Beans Wheat Crackers Mandarin Oranges Milk	Spaghetti & Marinara Mixed Vegetables Wheat Bread with Butter Applesauce Milk	Yogurt Macaroni & Cheese Peas Strawberries Milk
Week 4	Whole Grain Pancakes Yogurt Tator Tots—Baked Pears Milk	Veggie Burger on Wheat Green Beans Pickles Jello w/raspberries Milk	Cheese Quesadillas Corn Brown Rice Peaches Milk	Breaded Cheese Sticks Carrots with Ranch Dressing Cheddar Rice Cakes Strawberries Milk	Homemade Cheese Pizza Mixed Vegetables Wheat Crackers Mandarin Oranges Milk
Week 5	Cheese Tacos Corn Brown Rice Pears Milk	Cheese Sandwich on Wheat Cream of Mushroom Soup Cucumbers Apple Sauce Milk	Yogurt Green Beans Rotini with Cheese Wheat Bread with Butter Apple Juice	Garden Burger on Wheat Mixed Vegetables Pickles Orange Slices Milk	Scrambled Eggs Tator Tots—Baked Granola Bar Bananas Milk
Week 6	Cheese Sandwich on Wheat Carrots Whole Grain Buttered Rotini Fruit Cocktail Milk	Mostaccioli & Marinara Sauce Green Beans Wheat Bread with Butter Pineapple Milk	Yogurt Mixed Vegetables Wheat Crackers Mandarin Oranges Milk	Veggie Hot Dogs on Wheat Corn Yogurt Granola Bar Apple Juice	Homemade Cheese Pizza Yogurt Peas Bananas Milk