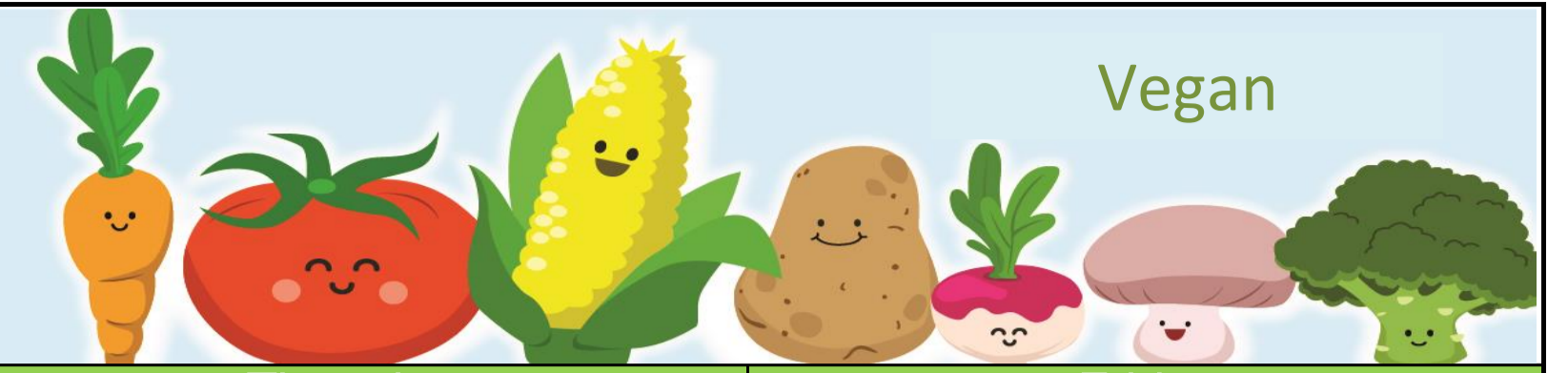




LINTONS
Food Service Management

May 2019



Vegan

Monday	Tuesday	Wednesday	Thursday	Friday
29 Toasted Non Dairy Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	30 WG Macaroni & Dairy Free Cheese, Vegan Sausage Patty (1), Banana, BBQ Sauce, Soy Milk	1 Vegan Burger & Dairy Free Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Orange, Soy Milk	2 Bean & Dairy Free Cheese Burrito, WG 6" Tortilla, Red Beans in Sauce, Diced Peaches, Soy Milk	3
6 Hummus, WG Pita, Assorted Pepper Strips, French Dressing, Mandarin Oranges, Soy Milk	7 Veggie Crumble A Roni, WG Macaroni, Broccoli, Diced Pears, Soy Milk	8 Build your own Pizza Lunchable - Sauce, No Dairy Cheese, Crumbled Vegan Sausage, WG Flatbread, Chopped Romaine, Italian Dressing, Diced Cinnamon Apples, Soy Milk	9 Veggie Fajitas, Fajita Blend Vegetables, Dairy Free Shredded Cheese, 6" WG Tortilla, Applesauce, Soy Milk	10
13 Roasted Veggie WG Wrap w/ Dairy Free Cheese & Mixed Beans, Sliced cucumber, French Dressing, Banana, Soy Milk	14 BBQ Vegan Burger (Sauce on side), WW Mac & Dairy Free Cheese, Stewed Tomatoes, Banana, Soy Milk	15 Roasted Veggies w/ Beans Roll Up, 6" WG Tortilla, Cucumber Salad, Applesauce, Soy Milk	16 Veggie Crumble Soft Taco, Refried Beans, Shredded Lettuce, Diced Tomatoes, Dairy Free Cheese, WG 6" Tortilla, Pineapples, Soy Milk	17
20 Red Beans & Brown Rice, Diced Carrots, WG Dinner Roll, Orange Smiles, Soy Milk	21 WG Penne Pasta w/Veg Crumble Meat sauce, Spinach, Orange Smiles, Soy Milk	22 Vegan Burger, Corn, Orange Smiles, WG Dinner Roll, Ketchup Pc, Soy Milk	23 Soft Veggie Crumble Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla, Shredded Lettuce/Diced Tomatoes, Strawberries, Soy Milk	24
27 Toasted Non Dairy Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	28 WG Macaroni & Dairy Free Cheese, Vegan Sausage Patty (1), Banana, BBQ Sauce, Soy Milk	29 Vegan Burger & Dairy Free Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Orange, Soy Milk	30 Bean & Dairy Free Cheese Burrito, WG 6" Tortilla, Red Beans in Sauce, Diced Peaches, Soy Milk	31

LUNCH MEAL PATTERNS

(1-2 yrs) Milk 1/2 Cup, Meat 1oz, Fruit/Veg 1/8 Cup each, Grain 1/2oz
 eg
 (3-5 yrs) Milk 3/4 Cup, Meat 1 1/2oz, Fruit/Veg 1/4 Cup Each, Grain 1/2oz eg
 (6-18 yrs) Milk 1 Cup, Meat 2oz, Fruit 1/2 Cup, Veggeis 1/4 Cup, Grain 1oz eg

This institution is an equal opportunity provider

