



Monday	Tuesday	Wednesday	Thursday	Friday
1 Roasted Veggies w/ Beans Roll Up, 6" WG Tortilla, Vegetable Soup, Applesauce, Soy Milk	2 WG Penne Pasta w/Veg Crumble Meat sauce, Spinach, Diced Pears, Soy Milk	3 Red Beans & Rice, Shredded Dairy Free Cheese, WG Dinner Roll, Tossed Salad, French Dressing, Blueberries, Soy Milk	4 Sweet & Sour Tofu, Asian Brown Rice, Oriental Blend Veg, Diced Peaches, Soy Milk	5 Soft Veggie Crumble Taco, Chilled Black Bean & Corn Salad, 6" WG Tortilla, Shredded Lettuce/Diced Tomatoes, Strawberries, Soy Milk
8 Veggie Fajitas, Fajita Blend Vegetables, Dairy Free Shredded Cheese, 6" WG Tortilla, Applesauce, Soy Milk	9  Italian Cultural Meal - Veggie Sausage Cacciatore, Brown Rice, Italian Green Beans, Applesauce, Soy Milk	10 Asian Tofu Wrap, Diced Tofu, Fresh Spinach, Shredded Carrots, Diced Cucumbers, Brown Rice, 6" Tortilla, Asian Dressing, Orange, Soy Milk	11 Vegan Dairy Free Cheeseburger, WG Bun, Vegetarian Beans, Pineapples, Ketchup Pc, Soy Milk	12 Vegan Sausage Patties (2), Fiesta Corn, Citrus Salad, WG Dinner Roll, Soy Milk
15 Veggie Crumble A Roni, WG Macaroni, Broccoli, Diced Pears, Soy Milk	16 Tangerine Veggie Lo Mein w/ Beans, Oriental Blend Vegetables, Tropical Fruit, Soy Milk	17 Roasted Veggie WG Wrap w/ Dairy Free Cheese & Mixed Beans, Banana, Soy Milk	18 Fall Festival - Veggie Crumble Chili, WG Dinner Roll, Fruit Cup, Soy Milk	19 Build Your Own Lunchable, Hummus, Flatbread Squares, Dairy Free Cheese, Fresh Broccoli w/ French, Banana, Soy Milk
22 Vegan Burger & Dairy Free Cheese WG Pretzel Melt, Green Beans, Mustard Pc, Orange, Soy Milk	23 BBQ Veggie Salad, BBQ Roasted Veggies w/ Beans, Chopped Romaine, Dairy Free Cheese, Corn, Shredded Carrots, Dinner Roll, Apricots, Soy Milk	24 Toasted Non Dairy Cheese Sandwich, Tomato Soup, Mandarin Oranges, Soy Milk	25 Veggie Burger, WG Bun, Chopped Broccoli w/ Italian Dressing, Citrus Salad, Honey Mustard Pc Soy Milk 	26 Bean Burrito, WG Tortilla, Oven Fries, Mandarin Oranges, Soy Milk
29 Vegan Burger, WG Bun, Cucumber Salad, Applesauce, Ketchup, Soy Milk	30 Veggie Crumble Nachos, Refried Beans, Shredded Lettuce, Diced Tomatoes, Dairy Free Cheese, WG Tortilla Chips, Pineapples, Soy Milk	31 Build Your Own Salad, Salad Mix, Mixed Beans (Kidney, Black, Northern) Sliced Cucumbers, Shred Vegan Cheese, Italian Dressing, WG Dinner Roll, Mandarin Oranges, Soy Milk	1	2

LUNCH MEAL PATTERNS

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

This institution is an equal opportunity provider