

FOOD2YOU – VEGETARIAN DINING MENU

January, February & March 2017

WEEK 1	1/23 2/20 3/20	1/24 2/21 3/21	1/25 2/22 3/22	1/26 2/23 3/23	1/27 2/24 3/24
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Organic Milk	Whole Grain Pancakes w/ Pear Puree Fresh Eggs Fresh Pineapple ² Organic Milk	Scrambled Eggs Hash Browns Fresh Bananas Organic Milk	Wheat Bagels w/ Cream Cheese Fresh Oranges ² Organic Milk	Blueberry Muffins Fresh Honeydew Organic Milk
Lunch	Tofu Parmesan Whole Grain Pasta Peas & Carrots Fresh Bread Fresh Oranges ⁴	Veggie Quesadillas Spanish Rice Green Beans Fresh Pears	Red Beans & Rice Organic Tofu Broccoli Florets Fresh Cantaloupe	Veggie Chili 5 Veggie Blend Ciabatta Bread Fresh Apples ³	Cheese Pizza Green Beans Fresh Fruit Salad
Snack	Cucumbers & Ranch Wheat Pita Water	String Cheese Fresh Apples ³ Water	Mediterranean Hummus Whole Wheat Pita Organic Milk	Cheddar & Apple Wheat Quesadillas Organic Milk	Ritz Crackers Fresh Bananas Water
WEEK 2	1/2 1/30 2/27 3/27	1/3 1/31 2/28 3/28	1/4 2/1 3/1 3/29	1/5 2/2 3/2 3/30	1/6 2/3 3/3 3/31
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Corn Flakes Fresh Bananas Organic Milk	Homemade Granola Vanilla Yogurt Fresh Pineapple ² Organic Milk	Cheese Biscuit Sandwiches Fresh Bananas Organic Milk	Whole Grain Waffles w/ Applesauce Fresh Eggs Fresh Oranges ² Organic Milk	Poppyseed Muffins Fresh Honeydew Organic Milk
Lunch	Tofu Alfredo Whole Grain Pasta Peas & Carrots Fresh Bread Fresh Oranges ⁴	Caprese Panini Sweet Potatoes Green Beans Fresh Pears	Cheese Quesadillas Spanish Rice Broccoli Florets Fresh Cantaloupe	Tofu Sofritas Wheat Bread Herbed Couscous Cauliflower ³ Fresh Apples ³	Mac N' Cheese Green Beans Fresh Fruit Salad
Snack	Saltines String Cheese Water	Whole Wheat Baked Apple Sticks Organic Milk	Zucchini Bread Organic Milk	Hawaiian Yogurt Salad Graham Crackers Water	Homemade Granola Fresh Bananas Organic Milk
WEEK 3	1/9 2/6 3/6	1/10 2/7 3/7	1/11 2/8 3/8	1/12 2/9 3/9	1/13 2/10 3/10
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Rice Krispies Fresh Bananas Organic Milk	Whole Grain Pancakes w/ Pear Puree Fresh Eggs Fresh Pineapple ² Organic Milk	Scrambled Eggs Hash Browns Fresh Bananas Organic Milk	Biscuits & Applesauce Fresh Oranges ² Organic Milk	Apple Muffins Fresh Honeydew Organic Milk
Lunch	Cheese Tortellini Marinara Sauce Peas & Carrots Fresh Bread Fresh Oranges ⁴	Barbeque Tofu Mashed Potatoes Green Beans Fresh Pears	Veggie Chili Broccoli Florets Ciabatta Bread Fresh Cantaloupe	Parmesan Cheese Whole Grain Noodles 5 Veggie Blend Fresh Apples ³	Egg Non-Fried Rice Spring Rolls Green Beans Fresh Fruit Salad
Snack	Cucumbers & Ranch Wheat Pita Water	Rice Cakes Fresh Apples ³ Water	Lemon Poppy Bread Organic Milk	Spinach & Cheese Quesadillas Organic Milk	String Cheese Fresh Bananas Water
WEEK 4	1/16 2/13 3/13	1/17 2/14 3/14	1/18 2/15 3/15	1/19 2/16 3/16	1/20 2/17 3/17
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Organic Milk	Whole Grain Waffles w/ Applesauce Fresh Eggs Fresh Pineapple ² Organic Milk	Homemade Granola Vanilla Yogurt Fresh Bananas Organic Milk	English Muffins Fresh Eggs Fresh Oranges ² Organic Milk	Cranberry Orange Muffins Fresh Honeydew Organic Milk
Lunch	Wheat Rigatoni Red Sauce Peas & Carrots Fresh Bread Fresh Oranges ⁴	Asian Spring Rolls Brown Rice Green Beans Fresh Pears	Caprese Panini Mashed Potatoes Broccoli Florets Fresh Cantaloupe	Vegetarian Bean Burrito Bowl Cheese & Tortillas Cauliflower ³ Fresh Apples ³	Grilled Cheese on Whole Wheat Green Beans Fresh Fruit Salad
Snack	Graham Crackers Applesauce Water	Pretzel Baguette Slices Cheddar Cheese Dip Water	Whole Wheat Baked Apple Sticks Organic Milk	Tofu Sofritas Wheat Pita Organic Milk	Homemade Granola Fresh Bananas Organic Milk

Infant & toddlers fruit substitutions:

1 - Bananas, 2 - Peach Puree, 3 - Applesauce, 4 - Pear Puree

**** ALL LUNCHES SERVED WITH 100% CERTIFIED ORGANIC MILK ****

This menu has been reviewed by Sharon Josefson, R.D., L.D.N



Food2You Maplewood, Inc. v2.0