

VEGETARIAN DINING MENU

October, November & December 2015 Dining Menu

WEEK 1	10/12 11/9 12/7	10/13 11/10 12/8	10/14 11/11 12/9	10/15 11/12 12/10	10/16 11/13 12/11
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Milk	Wheat Pancakes with w/ Pear Puree Fresh Pineapple ² Milk	Homemade Granola Vanilla Yogurt Fresh Bananas Milk	English Muffins w/ Peach Puree Fresh Oranges ² Milk	Pumpkin Muffins Fresh Apples ³ Milk
Lunch	Organic Tofu Parmesan Wheat Pasta Mixed Veggies Fresh Bread Fresh Oranges ²	Caprese Panini Mashed Potatoes Green Beans Fresh Pears	Cheese Quesadillas Spanish Rice Peas & Carrots Fresh Cantaloupe	Organic Thai Tofu Egg Noodles Steamed Broccoli Fresh Honeydew	Cheese Pizza Green Beans Fresh Fruit Salad
Snack	Mediterranean Hummus Whole Wheat Pita Water	Red Pepper & Herb Cream Cheese Roll-Ups Water	Fresh Vegetable Pasta Salad Milk	Rice Cakes Cucumber Slices Water	Vanilla Yogurt Fresh Bananas Water
WEEK 2	10/19 11/16 12/14	10/20 11/17 12/15	10/21 11/18 12/16	10/22 11/19 12/17	10/23 11/20 12/18
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Corn Flakes Fresh Bananas Milk	Wheat French Toast w/ Pear Puree Fresh Pineapple ² Milk	Biscuit & Cheese Sandwiches Fresh Bananas Milk	Egg & Cheese Breakfast Pizza Fresh Oranges ² Milk	Zucchini Muffins Fresh Apples ³ Milk
Lunch	Organic Tofu Alfredo Whole Wheat Pasta Mixed Veggies Fresh Bread Fresh Oranges ²	Herb Roasted Tofu Vegetarian Stuffing Roasted Cauliflower Fresh Pears	Veggie Quesadillas Israeli Couscous Peas & Carrots Fresh Cantaloupe	Caprese Panini Brown Rice Steamed Broccoli Fresh Honeydew	Mac N' Cheese Green Beans Fresh Fruit Salad
Snack	Homemade Granola Vanilla Yogurt Water	String Cheese Fresh Honeydew Water	Black Bean & Salsa Roll-Ups Water	Pumpkin Bread Fresh Pears Water	Fresh Bananas Soy Butter Milk
WEEK 3	10/26 11/23 12/21	10/27 11/24 12/22	10/28 11/25 12/23	10/1 10/29 11/26 12/24	10/210/30 11/2712/25
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Puffed Rice Clusters Fresh Bananas Milk	Wheat Waffles w/Pear Puree Fresh Pineapple ² Milk	Homemade Granola Vanilla Yogurt Fresh Bananas Milk	Biscuits & Applesauce Fresh Oranges ² Milk	Banana Muffins Fresh Apples ³ Milk
Lunch	Cheese Tortellini Mixed Veggies Fresh Bread Fresh Oranges ²	Veggie Chili Roasted Cauliflower Fresh Bread Fresh Pears	Organic BBQ Tofu Brown Rice Peas & Carrots Fresh Cantaloupe	Veggie Spring Rolls Israeli Couscous Steamed Broccoli Fresh Honeydew	Organic Tofu in Swedish Sauce Egg Noodles Green Beans Fresh Fruit Salad
Snack	Fresh Cucumbers Tzatziki Sauce Water	Cheddar Salsa Wheat Pita Milk	Spinach & Cheese Roll-Ups Water	Warm Apple Crisp Milk	Vanilla Yogurt Fresh Bananas Water
WEEK 4	10/5 11/2 11/30 12/28	10/6 11/3 12/1 12/29	10/7 11/4 12/2 12/30	10/8 11/5 12/3 12/31	10/9 11/6 12/4
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toasted Oats Fresh Bananas Milk	Wheat Pancakes w/ Pear Puree Fresh Pineapple ² Milk	Biscuit & Cheese Sandwiches Fresh Bananas Milk	Wheat French Toast w/ Peach Puree Fresh Oranges ² Milk	Spice Muffins Fresh Apples ³ Milk
Lunch	Wheat Rigatoni Organic Tofu Mixed Veggies Fresh Bread Fresh Oranges ²	Asian Spring Rolls Steamed Broccoli Israeli Couscous Fresh Pears	Organic Tofu in Salisbury Sauce Mashed Potatoes Peas & Carrots Fresh Cantaloupe	Parmesan Cheese Wheat Noodles Steamed Broccoli Fresh Honeydew	Grilled Cheese Green Beans Fresh Fruit Salad
Snack	Fresh Cucumber American Slices Water	String Cheese English Pea Salad Water	Basil Marinara Sauce Ciabatta Sticks Water	Zucchini Bread Fresh Pears Milk	Fresh Bananas Soy Butter Milk

This menu has been reviewed and approved by Registered Dietitian Sharon Josefson, R.D., L.D.N

Infant & toddlers fruit substitutions: 1=Bananas, 2=Peach Puree, 3=Applesauce, 4=Pear Puree, 5=Banana Bread, 6=Cantaloupe

**** ALL LUNCHES SERVED WITH CERTIFIED 100% iBGH FREE MILK ****