

FOOD2YOU – VEGETARIAN DINING MENU

April, May & June 2017

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

Infant & toddlers fruit substitutions:

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

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

This menu has been reviewed by Betsy Sejud, MHA, RD, LDN



Food2You Maplewood, Inc. v1.3