 Vegetarian Lunch – October, 2017

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| --- | --- | --- | --- | --- |
| 10/2Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 10/3French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 10/4Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 10/5Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 10/6\*LasagnaTossed saladFresh fruit  |
| 10/9Teriyaki pattyGrated cheese Vegetable saladFresh fruit | 10/10Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 10/11 \*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 10/12GardenburgerBean medleyRoll Fresh fruit  | 10/13Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 10/16Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 10/17\*Cheese melt Tomato alphabet soup Fresh fruit  | 10/18PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 10/19Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 10/20\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 10/23Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 10/24\*PizzaGarden saladFresh fruit  | 10/25Veggie nuggets Potato soup Wheat bread/butter Fresh fruit  | 10/26\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 10/27\*Beans & RiceTossed saladTortilla Fresh fruit |
| 10/30 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 10/31Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  |   | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – November, 2017

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| --- | --- | --- | --- | --- |
|  |  | 11/1Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 11/2 Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 11/3Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 11/6Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 11/7French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 11/8Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 11/9Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 11/10\*LasagnaTossed saladFresh fruit  |
| 11/13Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 11/14Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 11/15\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 11/16GardenburgerBean medleyRoll Fresh fruit  | 11/17THANKSGIVING DINNERChix pattySweet potatoesCranberry relishWhole wheat bread/butterFresh fruit |
| 11/20Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 11/21\*Cheese melt Tomato alphabet soup Fresh fruit  | 11/22PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 11/23\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR THANKSGIVING HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 11/24\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR THANKSGIVING HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| 11/27Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 11/28\*PizzaGarden saladFresh fruit  | 11/29Veggie nuggets Tuscan bean and garlic soupWheat bread/butterFresh fruit  | 11/30\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – December, 2017

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|  |  |  |  | 12/1\*Beans & RiceTossed saladTortilla Fresh fruit |
| 12/4 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 12/5Spinach Quiche Peas Whole wheat bread/butterFresh fruit  | 12/6Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 12/7Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 12/8Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 12/11Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 12/12French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 12/13Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 12/14Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 12/15\*LasagnaTossed saladFresh fruit  |
| 12/18Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 12/19Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 12/20\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 12/21GardenburgerBean medleyRoll Fresh fruit  | 12/22Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 12/25\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR CHRISTMAS DAY HOLIDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 12/26Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 12/27\*Cheese melt Tomato alphabet soup Fresh fruit  | 12/28Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 12/29\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

\*Vegetarian meal

 Vegetarian Lunch – January, 2018

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| 1/1 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR NEW YEARS DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/2Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 1/3\*PizzaGarden saladFresh fruit  | ¼\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 1/5\*Beans & RiceTossed saladTortilla Fresh fruit |
| 1/8 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 1/9Quiche Peas Whole wheat bread/butterFresh fruit  | 1/10Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 1/11Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 1/12Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 1/15\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MLK JR. DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/16Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit  | 1/17Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 1/18Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 1/19\*LasagnaTossed saladFresh fruit  |
| 1/22Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 1/23Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 1/24\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 1/25GardenburgerBean medleyRoll Fresh fruit  | 1/26Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 1/29Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 1/30\*Cheese melt Tomato alphabet soup Fresh fruit  | 1/31PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – February, 2018

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|  |  |  | 2/1Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 2/2\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 2/5Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 2/6\*PizzaGarden saladFresh fruit  | 2/7Veggie nuggets Potato soup Wheat bread/butter Fresh fruit  | 2/8\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 2/9\*Beans & RiceTossed saladTortilla Fresh fruit |
| 2/12 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 2/13Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 2/14Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 2/15Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 2/16Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 2/19\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR PRESIDENT’S DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/20Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit fruit  | 2/21Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 2/22Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 2/23\*LasagnaTossed saladFresh fruit  |
| 2/26Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 2/27Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 2/28\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – March, 2018

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| --- | --- | --- | --- | --- |
|  |  |  | 3/1GardenburgerBean medleyRoll Fresh fruit  | 3/2Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 3/5Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 3/6\*Cheese melt Tomato alphabet soup Fresh fruit  | 3/7PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 3/8Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 3/9\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 3/12Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 3/13\*PizzaGarden saladFresh fruit  | 3/14Veggie nuggets Tuscan bean and garlic soupWheat bread/butterFresh fruit | 3/15\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 3/16\*Beans & RiceTossed saladTortilla Fresh fruit |
| 3/19 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 3/20Spinach Quiche Peas Whole wheat bread/butterFresh fruit  | 3/21Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 3/22 Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 3/23Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 3/26Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 3/27French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 3/28Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 3/29Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 3/30\*LasagnaTossed saladFresh fruit  |

\*Vegetarian meal

 Vegetarian Lunch – April, 2018

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| 4/2Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 4/3Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 4/4\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 4/5GardenburgerBean medleyRoll Fresh fruit  | 4/6Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 4/9Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 4/10\*Cheese melt Tomato alphabet soup Fresh fruit  | 4/11PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 4/12Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 4/13\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 4/16Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 4/17\*PizzaGarden saladFresh fruit  | 4/18Veggie nuggets Potato soup Wheat bread/butter Fresh fruit  | 4/19\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 4/20\*Beans & RiceTossed saladTortilla Fresh fruit |
| 4/23 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 4/24Quiche Peas Whole wheat bread/butterFresh fruit  | 4/25Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 4/26 Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 4/27Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 4/30Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit  |  | *~This menu is designed for children age 12+ months* | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – May, 2018

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| --- | --- | --- | --- | --- |
|  | 5/1French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 5/2Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 5/3Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 5/4\*LasagnaTossed saladFresh fruit  |
| 5/7Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 5/8Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 5/9\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 5/10GardenburgerBean medleyRoll Fresh fruit  | 5/11Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 5/14Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 5/15\*Cheese melt Tomato alphabet soup Fresh fruit  | 5/16PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 5/17Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 5/18\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 5/21Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 5/22\*PizzaGarden saladFresh fruit  | 5/23Veggie nuggets Tuscan bean and garlic soupWheat bread/butterFresh fruit | 5/24\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 5/25\*Beans & RiceTossed saladTortilla Fresh fruit |
| 5/28 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIALDAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/29 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 5/30Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 5/31Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  |  |

\*Vegetarian meal

 Vegetarian Lunch – June, 2018

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|  |  |  |  | 6/1Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 6/4Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 6/5French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 6/6Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 6/7Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 6/8\*LasagnaTossed saladFresh fruit  |
| 6/11Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 6/12Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 6/13\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 6/14GardenburgerBean medleyRoll Fresh fruit  | 6/15Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 6/18Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 6/19\*Cheese melt Tomato alphabet soup Fresh fruit  | 6/20PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 6/21Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 6/22\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 6/25Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 6/26\*PizzaGarden saladFresh fruit  | 6/27Veggie nuggets Potato soup Wheat bread/butter Fresh fruit  | 6/28\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 6/29\*Beans & RiceTossed saladTortilla Fresh fruit |

\*Vegetarian meal

 Vegetarian Lunch – July, 2018

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| 7/2 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 7/3Broccoli Quiche Peas Whole wheat bread/butterFresh fruit  | 7/4\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEPENDENCE DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 7/6Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 7/9Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 7/10French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 7/11Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 7/12Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 7/13\*LasagnaTossed saladFresh fruit  |
| 7/16Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 7/17Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 7/18\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 7/19GardenburgerBean medleyRoll Fresh fruit  | 7/20Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 7/23Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 7/24\*Cheese melt Tomato alphabet soup Fresh fruit  | 7/25PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 7/26Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 7/27\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |
| 7/30Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 7/31\*PizzaGarden saladFresh fruit  | *~This menu is designed for children age 12+ months* | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal

 Vegetarian Lunch – August, 2018

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| --- | --- | --- | --- | --- |
|  |  | 8/1Veggie nuggets Tuscan bean and garlic soupWheat bread/butterFresh fruit | 8/2\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 8/3\*Beans & RiceTossed saladTortilla Fresh fruit |
| 8/6 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 8/7Spinach Quiche Peas Whole wheat bread/butterFresh fruit  | 8/8Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 8/9 Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 8/10Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 8/13Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 8/14French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 8/15Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 8/16Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 8/17\*LasagnaTossed saladFresh fruit  |
| 8/20Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 8/21Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 8/22\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 8/23GardenburgerBean medleyRoll Fresh fruit  | 8/24Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
| 8/27Vegetarian sloppy joe Corn & edamameRoll Fresh fruit  | 8/28\*Cheese melt Tomato alphabet soup Fresh fruit  | 8/29PicadilloPineapple/Mango cole slawWhole wheat bread/butterFresh fruit | 8/30Lo Mein w/ scrambled egg Oriental vegetables Wheat bread/butter Fresh fruit  | 8/31\*Whole wheat macaroni & cheeseMixed vegetables Fresh fruit  |

\*Vegetarian meal

 Vegetarian Lunch – September, 2018

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| 9/3\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/4Cheese tortellini w/ olive oil & basil Grated cheese Spinach salad Fresh fruit | 9/5\*PizzaGarden saladFresh fruit  | 9/6\*Spinach manicotti CarrotsWhole wheat bread/butterFresh fruit | 9/7\*Beans & RiceTossed saladTortilla Fresh fruit |
| 9/10 Broccoli & cheddar quinoa w/ brown riceSaladFresh fruit  | 9/11Quiche Peas Whole wheat bread/butterFresh fruit  | 9/12Spaghetti & tomato sauce w/ soy Grated cheese Spinach saladFresh fruit  | 9/13 Chix pattyZucchini & yellow squashWhole wheat bread/butterFresh fruit | 9/14Black bean and brown rice burrito w/ whole wheat tortillaCorn Grated cheese Fresh fruit |
| 9/17Pasta salad w/ avocado, pesto and eggSouthwest saladFresh fruit   | 9/18French lentils w/ thyme Mashed sweet potatoes Wheat bread/butter Fresh fruit  | 9/19Vegetarian dirty rice with cheese, vegetables, quinoa & farrowApple cole slawFresh fruit  | 9/20Black bean, corn, & cheese quesadillaWith whole wheat tortilla Green BeansFresh fruit  | 9/21\*LasagnaTossed saladFresh fruit  |
| 9/24Teriyaki pattyGrated cheese Vegetable saladFresh fruit  | 9/25Vegetarian chili Broccoli & cheese salad Whole wheat bread/butter Fresh fruit  | 9/26\*Ravioli w/olive oil, tomato sauce & fresh basilPeas Fresh fruit | 9/27GardenburgerBean medleyRoll Fresh fruit  | 9/28Quinoa, couscous, and parmesanCalifornia blend vegetables Whole wheat bread/butter Fresh fruit |
|  |  | *~This menu is designed for children age 12+ months* | *Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com)*Age appropriate milk must be served with Vegetarian Lunch* |

\*Vegetarian meal