 Vegetarian Lunch – October, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 10/2  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 10/3  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 10/4  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 10/5  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 10/6  \*Lasagna  Tossed salad  Fresh fruit |
| 10/9  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 10/10  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 10/11  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 10/12  Gardenburger  Bean medley  Roll  Fresh fruit | 10/13  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 10/16  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 10/17  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 10/18  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 10/19  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 10/20  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 10/23  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 10/24  \*Pizza  Garden salad  Fresh fruit | 10/25  Veggie nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 10/26  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 10/27  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 10/30  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 10/31  Broccoli Quiche  Peas  Whole wheat bread/butter  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 – November, 2017

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 11/1  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 11/2  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 11/3  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 11/6  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 11/7  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 11/8  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 11/9  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 11/10  \*Lasagna  Tossed salad  Fresh fruit |
| 11/13  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 11/14  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 11/15  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 11/16  Gardenburger  Bean medley  Roll  Fresh fruit | 11/17  THANKSGIVING DINNER  Chix patty  Sweet potatoes  Cranberry relish  Whole wheat bread/butter  Fresh fruit |
| 11/20  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 11/21  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 11/22  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 11/23  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR THANKSGIVING  HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 11/24  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR THANKSGIVING  HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| 11/27  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 11/28  \*Pizza  Garden salad  Fresh fruit | 11/29  Veggie nuggets  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 11/30  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  | 12/1  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 12/4  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 12/5  Spinach Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 12/6  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 12/7  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 12/8  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 12/11  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 12/12  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 12/13  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 12/14  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 12/15  \*Lasagna  Tossed salad  Fresh fruit |
| 12/18  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 12/19  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 12/20  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 12/21  Gardenburger  Bean medley  Roll  Fresh fruit | 12/22  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 12/25  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  CHRISTMAS DAY HOLIDAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 12/26  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 12/27  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 12/28  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 12/29  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

\*Vegetarian meal

 Vegetarian Lunch – January, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1/1  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR NEW YEARS  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/2  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 1/3  \*Pizza  Garden salad  Fresh fruit | ¼  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 1/5  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 1/8  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 1/9  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 1/10  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 1/11  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 1/12  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 1/15  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  MLK JR. DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 1/16  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 1/17  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 1/18  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 1/19  \*Lasagna  Tossed salad  Fresh fruit |
| 1/22  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 1/23  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 1/24  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 1/25  Gardenburger  Bean medley  Roll  Fresh fruit | 1/26  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 1/29  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 1/30  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 1/31  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  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 – February, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | 2/1  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 2/2  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 2/5  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 2/6  \*Pizza  Garden salad  Fresh fruit | 2/7  Veggie nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 2/8  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 2/9  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 2/12  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 2/13  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 2/14  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 2/15  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 2/16  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 2/19  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR PRESIDENT’S  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/20  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit  fruit | 2/21  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 2/22  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 2/23  \*Lasagna  Tossed salad  Fresh fruit |
| 2/26  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 2/27  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 2/28  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | 3/1  Gardenburger  Bean medley  Roll  Fresh fruit | 3/2  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 3/5  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 3/6  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 3/7  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 3/8  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 3/9  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 3/12  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 3/13  \*Pizza  Garden salad  Fresh fruit | 3/14  Veggie nuggets  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 3/15  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 3/16  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 3/19  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 3/20  Spinach Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 3/21  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 3/22  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 3/23  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 3/26  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 3/27  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 3/28  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 3/29  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 3/30  \*Lasagna  Tossed salad  Fresh fruit |

\*Vegetarian meal

 Vegetarian Lunch – April, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 4/2  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 4/3  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 4/4  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 4/5  Gardenburger  Bean medley  Roll  Fresh fruit | 4/6  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 4/9  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 4/10  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 4/11  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 4/12  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 4/13  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 4/16  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 4/17  \*Pizza  Garden salad  Fresh fruit | 4/18  Veggie nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 4/19  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 4/20  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 4/23  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 4/24  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 4/25  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 4/26  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 4/27  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 4/30  Pasta salad w/ avocado, pesto and egg  Southwest salad  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

 Vegetarian Lunch – May, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 5/1  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 5/2  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 5/3  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 5/4  \*Lasagna  Tossed salad  Fresh fruit |
| 5/7  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 5/8  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 5/9  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 5/10  Gardenburger  Bean medley  Roll  Fresh fruit | 5/11  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 5/14  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 5/15  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 5/16  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 5/17  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 5/18  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 5/21  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 5/22  \*Pizza  Garden salad  Fresh fruit | 5/23  Veggie nuggets  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 5/24  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 5/25  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 5/28  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR MEMORIAL DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/29  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 5/30  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 5/31  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit |  |

\*Vegetarian meal

 Vegetarian Lunch – June, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  | 6/1  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 6/4  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 6/5  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 6/6  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 6/7  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 6/8  \*Lasagna  Tossed salad  Fresh fruit |
| 6/11  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 6/12  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 6/13  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 6/14  Gardenburger  Bean medley  Roll  Fresh fruit | 6/15  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 6/18  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 6/19  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 6/20  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 6/21  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 6/22  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 6/25  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 6/26  \*Pizza  Garden salad  Fresh fruit | 6/27  Veggie nuggets  Potato soup  Wheat bread/butter  Fresh fruit | 6/28  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 6/29  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |

\*Vegetarian meal

 Vegetarian Lunch – July, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 7/2  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 7/3  Broccoli Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 7/4  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 7/6  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 7/9  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 7/10  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 7/11  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 7/12  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 7/13  \*Lasagna  Tossed salad  Fresh fruit |
| 7/16  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 7/17  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 7/18  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 7/19  Gardenburger  Bean medley  Roll  Fresh fruit | 7/20  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 7/23  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 7/24  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 7/25  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 7/26  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 7/27  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |
| 7/30  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 7/31  \*Pizza  Garden salad  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

 Vegetarian Lunch – August, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | 8/1  Veggie nuggets  Tuscan bean and garlic soup  Wheat bread/butter  Fresh fruit | 8/2  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 8/3  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 8/6  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 8/7  Spinach Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 8/8  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 8/9  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 8/10  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 8/13  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 8/14  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 8/15  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 8/16  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 8/17  \*Lasagna  Tossed salad  Fresh fruit |
| 8/20  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 8/21  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 8/22  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 8/23  Gardenburger  Bean medley  Roll  Fresh fruit | 8/24  Quinoa, couscous, and parmesan  California blend vegetables  Whole wheat bread/butter  Fresh fruit |
| 8/27  Vegetarian sloppy joe  Corn & edamame  Roll  Fresh fruit | 8/28  \*Cheese melt  Tomato alphabet soup  Fresh fruit | 8/29  Picadillo  Pineapple/Mango cole slaw  Whole wheat bread/butter  Fresh fruit | 8/30  Lo Mein w/ scrambled egg  Oriental vegetables  Wheat bread/butter  Fresh fruit | 8/31  \*Whole wheat macaroni & cheese  Mixed vegetables  Fresh fruit |

\*Vegetarian meal

 Vegetarian Lunch – September, 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 9/3  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR  LABOR DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/4  Cheese tortellini w/ olive oil & basil  Grated cheese  Spinach salad  Fresh fruit | 9/5  \*Pizza  Garden salad  Fresh fruit | 9/6  \*Spinach manicotti  Carrots  Whole wheat bread/butter  Fresh fruit | 9/7  \*Beans & Rice  Tossed salad  Tortilla  Fresh fruit |
| 9/10  Broccoli & cheddar quinoa w/ brown rice  Salad  Fresh fruit | 9/11  Quiche  Peas  Whole wheat bread/butter  Fresh fruit | 9/12  Spaghetti & tomato sauce w/ soy  Grated cheese  Spinach salad  Fresh fruit | 9/13  Chix patty  Zucchini & yellow squash  Whole wheat bread/butter  Fresh fruit | 9/14  Black bean and brown rice burrito w/ whole wheat tortilla  Corn  Grated cheese  Fresh fruit |
| 9/17  Pasta salad w/ avocado, pesto and egg  Southwest salad  Fresh fruit | 9/18  French lentils w/ thyme  Mashed sweet potatoes  Wheat bread/butter  Fresh fruit | 9/19  Vegetarian dirty rice with cheese, vegetables, quinoa & farrow  Apple cole slaw  Fresh fruit | 9/20  Black bean, corn, & cheese quesadilla  With whole wheat tortilla  Green Beans  Fresh fruit | 9/21  \*Lasagna  Tossed salad  Fresh fruit |
| 9/24  Teriyaki patty  Grated cheese  Vegetable salad  Fresh fruit | 9/25  Vegetarian chili  Broccoli & cheese salad  Whole wheat bread/butter  Fresh fruit | 9/26  \*Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | 9/27  Gardenburger  Bean medley  Roll  Fresh fruit | 9/28  Quinoa, couscous, and parmesan  California 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