



# Vegetarian Four Week Menu

## Week 1

## Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Life Cereal Bananas Milk	Pancakes Apples Milk	French Toast Pears Milk	Cereal Bananas Milk	Oatmeal with Raisins Milk
<b>AM SNACK</b>	Cheese Slices Pretzels Water	Carrots and Cucumber with Ranch Water	Graham Crackers Apples Water	Yogurt Vanilla Wafers Water	Apple Slices Yogurt Parfait Water
<b>LUNCH</b>	Grilled Tofu Sub Baked Fries Green Beans Apples Milk	Soy Chicken Fajitas Rice Vegetable soup Pears Milk	Bean and Cheese Burrito with Rice Salad Orange Wedges Milk	Cream Cheese Tortillas Apple Sauce Mashed Potatoes Broccoli Milk	Mac and Cheese Steamed Vegetables Pineapple Tidbits Milk
<b>PM SNACK</b>	Saltines Crackers Pears Water	Bananas Toast With Butter Water	Apple Cinnamon Bread Seasonal Fresh Fruits Water	Garlic Bread Sticks Apples Water	Fruit Salad Corn Bread Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Pancakes Apple Sauce Milk	Waffles Pears Milk	Croissants Eggs Apples Milk	Corn Flakes Bananas Milk	English Muffins Apple Sauce Milk
<b>AM SNACK</b>	Seasonal Fresh Fruits Saltines Water	Bagels with Cream Cheese Water	Wheat Thins Yogurt Water	Apple Sauce Graham Crackers Water	Seasonal Fresh Fruit Animal Crackers Water
<b>LUNCH</b>	Rotini Pasta Casserole with Cheese Green Beans Apple Slices Milk	Boca Crumble Fettuccine Potato Soup Fruit Salad Milk	Falafel Baked Fries Carrots Oranges Milk	Grilled Cheese Sandwich Salad Apple Slices Milk	Tofu Teriyaki Rice Tortilla Soup Mixed Fruit Milk
<b>PM SNACK</b>	Graham Crackers Apples Water	Cheddar Cubes Triscuits Water	Fresh Fruit Crackers Water	Soft Pretzels Pears Water	Cedar Crest Mix Pears Water

## Week 3

## Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Waffles Bananas Milk	Toast Bananas Milk	Oatmeal Pears Milk	Kix Cereal Apples Milk	French Toast Pears Milk
<b>AM SNACK</b>	Crackers String Cheese Water	Yogurt Grahams Water	Seasonal Fresh Fruit Garlic Breadsticks Water	Apple Sauce Graham Crackers Water	Carrots & Cucumbers with Ranch Crackers Water
<b>LUNCH</b>	Boca Crumbles Pizza Salad Bananas Milk	Spaghetti Marinara Green Peas Orange Wedges Milk	Cucumber and Hummus Sandwich Carrots Apples Milk	Cheese and Beans Quesadilla Salad Cantaloupe Milk	Tofu Fried Rice with Peas and Carrots Bananas Milk
<b>PM SNACK</b>	Cantaloupe Corn Bread Water	Bagels with Butter and Cinnamon Banana Water	Cheese Quesadilla Water	Blueberry Muffins Water	Cedar Crest Mix Apple Slices Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Bananas Croissants Milk	French Toast Apples Milk	Pancakes Pears Milk	Cereal Bananas Milk	Scrambled Eggs Apples Milk
<b>AM SNACK</b>	Blueberry Muffins Water	Veggies with Ranch Crackers Water	Yogurt Graham Crackers Water	Cantaloupe Graham Crackers Water	Fruit Salad Graham Crackers Water
<b>LUNCH</b>	Spanish Rice with Grilled Veggie Patty Broccoli Bananas Milk	Boca Turkey Salad with Tortilla Chips Tomato Soup Oranges Milk	Vegetarian Hot Dog Toast Carrots Pears Milk	Boca Turkey Lasagna Salad Orange Wedges Milk	Yakisoba Noodles with Tofu, Peas, and Carrots Orange Milk
<b>PM SNACK</b>	Wheat Thins Cheddar Cubes Water	Mixed Fruit Corn Bread Water	Apples Saltine Crackers Water	Tortilla Chips Seasonal Fresh Fruits Water	Apple Cinnamon Bread Water

