LUNCH

## OCTOBER 2024 VEGETARIAN

| Monday                                                             | Tuesday                                                               | Wednesday                                                                   | Thursday                                                          | Friday                                                                             |
|--------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                                                    | 1<br>Macaroni & Cheese<br>Broccoli<br>Bananas                         | Cheese 2<br>Sandwich<br>GREEN SALAD<br>Ranch Dressing<br>100% Orange Juice  | Spanish Rice with 3<br>Vegetarian Meat<br>Green Beans<br>Pears    | Vegetarian Meat Taco4<br>Taco Shells<br>Black Beans<br>Oranges                     |
| Vegetarian Patty 7<br>WG Roll<br>Broccoli<br>Apples<br>Ketchup     | 8<br>Black Bean Patty<br>WG Bread<br>Baked Beans<br>Banana            | Vegetarian Meat<br>Pasta<br>Carrots<br>100% Orange Juice                    | Spanish Rice with 10<br>Vegetarian<br>Meat<br>Corn<br>Pears       | Vegetarian Meat 11<br>Spaghetti<br>Green Beans<br>Oranges                          |
| NO SCHOOL                                                          | Vegetarian Patty on 5<br>WG Bun<br>Oven Fried Potatoes<br>Apple Sauce | Green Salad with<br>Grilled Tofu<br>Corn Chips<br>Ranch Dressing<br>Bananas | Black Bean Patty 17<br>WG Roll<br>Baked Beans<br>100% Apple Juice | Vegetarian Meat Ta <mark>co 8</mark><br>Taco Shells<br>Mixed Vegetables<br>Oranges |
| Vegetarian Patty 21<br>WG Roll<br>Baked Beans<br>Apples<br>Ketchup | 22<br>Vegetarian Spaghetti<br>Broccoli<br>Bananas                     | Vegetarian Patty on 23<br>WG Bun<br>Sweet Potatoes<br>100% Orange Juice     | Cheese Pizza 24<br>Green Beans<br>Pears                           | 25<br>NO SCHOOL                                                                    |
| 28<br>Vegetarian Patty<br>WG Roll<br>Corn<br>Apple Sauce           | Spanish Rice with29<br>Vegetarian Meat<br>Broccoli<br>Banana          | Vegetarian Meat Pasta<br>Green Beans<br>Fruit Salad                         | Vegetarian Patty 31<br>WG Bread<br>Baked Beans<br>Oranges         | NOVEMBER 1<br>Black Bean Patty<br>WG Roll<br>Sweet Potatoes<br>100% Grape Juice    |

• All menus served with appropriate condiments and 1% Milk or Fat Free Milk.

• Menu subject to change.

• Daily fruit offered might change depending on availability.