

VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1	1/2	1/3
		NEW YEAR'S DAY	+ Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Curry Tofu Brown Rice <u>Carrots</u> Broccoli C FRUIT/DESSERT
1/6	1/7	1/8	1/9	1/10
Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT	Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT
1/13	1/14	1/15	1/16	1/17
Curry Tofu Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT	Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	Cheese Omelet w/Shredded Cheese and Salsa Diced Red Potatoes <u>Spinach</u> Whole Grain Bagel w/Butter C FRUIT/DESSERT	+ Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
1/20	1/21	1/22	1/23	1/24
MARTIN LUTHER KING DAY	Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT	Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT
1/27	1/28	1/29	1/30	1/31
+ Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Curry Tofu Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	Cheese Omelet w/Shredded Cheese and Salsa Diced Red Potatoes <u>Spinach</u> Whole Grain Bagel w/Butter C FRUIT/DESSERT	Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	Cheese Enchiladas C California Vegetables <u>Spinach</u> FRUIT/DESSERT

All meals served with low-fat milk.

**2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHICKEN CAESAR).**

— Vitamin A

C Vitamin C

+ Higher in sodium