



April 2017

**Vegetarian High School Menu w/8oz Skim or 1% Milk**

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Burger  Whole Wheat Hamburger Bun Rice and Beans Raisins Fruit Ketchup  <b>3</b>	Three Bean Chili w/shredded cheddar  Green Beans Fruit Baked Tortilla Chips Juice Wheat Bread  <b>4</b>	Macaroni & Cheese  Wheat Bread Fruit Green Peas Applesauce  <b>5</b>	Veggie Fritter w/ Tomato Dipping Sauce  Brown Rice Pilaf Carrots Raisins Fruit Wheat Bread  <b>6</b>	Cheese Tortellini  Broccoli Juice Fruit w/Marinara Sauce  <b>7</b>
Veggie Pie  Wheat Bread Carrots Fruit Applesauce Brown Rice  <b>10</b>	Veggie Carbonara  Whole Grain Pasta with Peas Fruit Raisins Wheat Bread  <b>11</b>	Garden Salad  Hard Boiled Egg  Juice Fruit Wheat Roll  <b>12</b>	Falafel  Carrots Pita Bread Hummus Fruit Applesauce  <b>13</b>	Whole Grain Cheese Pizza  Broccoli Fruit Raisins  <b>14</b>
Egg & Cheese Sandwich  Brown Rice & Beans Fruit Juice Ketchup  <b>17</b>	Veggie Fritter w/ Tomato Dipping Sauce  Green Beans Applesauce Fruit Wheat Bread (2 Slices)  <b>18</b>	French Toast  Veg Breakfast Sausage Hash Brown Syrup Raisins Fruit  <b>19</b>	Vegetarian Curry  Brown Rice Pilaf Carrots Applesauce Fruit Wheat Roll  <b>20</b>	Cheese Lasagna  Broccoli  Fruit Applesauce  <b>21</b>
Veggie Burger  Whole Wheat Hamburger Bun Home Fries Ketchup Fruit Raisins  <b>24</b>	Falafel  Hummus Pita Bread Juice Fruit  <b>25</b>	Three Bean Chili  Mixed Vegetables Fruit Applesauce Wheat Bread Baked Tortilla Chips  <b>26</b>	Stuffed Shells  w/Marinara Sauce Carrots Raisins Fruit Wheat Bread  <b>27</b>	Whole Grain Cheese Pizza  Broccoli Fruit  Juice  <b>28</b>