

August 2021

Mid-Atlantic Region Menu - Vegetarian

GENUINE

GOOD FOOD DOES GOOD

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Tofu with Broccoli, Carrots, Onions Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	3 Tofu Taco Bowl Black Bean Salad (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	4 Veg Chicken & Cheddar Roll-Up Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk	5 BBQ Tofu Sandwich Potato Salad (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	6 Pizza Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
9 Vegetarian Nuggets Carrots (K-8: 3/4 cup; 9-12: 1 cup) Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	10 Cheesy Pasta Salad with Cheese & Vegetable Assorted Fruit Skim/1% Milk	11 Sunbutter Jelly Sandwich Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk	12 Veg Chef Salad with Cheese, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	13 Veg Chicken & Cheddar Roll-Up Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
16 Teriyaki Tofu Black Bean Salad (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	17 Tofu Taco Bowl Tofu Taco Bowl Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	18 Veg Chicken & Cheddar Roll-Up Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk	19 BBQ Tofu Sandwich Potato Salad (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	20 Pizza Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
23 Vegetarian Nuggets Carrots (K-8: 3/4 cup; 9-12: 1 cup) Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	24 Cheesy Pasta Salad with Cheese & Vegetable Assorted Fruit Skim/1% Milk	25 Sunbutter Jelly Sandwich Tater Tots  Local Peach Skim/1% Milk	26 Veg Chef Salad with Cheese, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	27 Veg Chicken & Cheddar Roll-Up Cucumber Coins (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
30 Tofu Taco Bowl Black Bean Salad (All: 1/2 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	31 Vegetarian Burger Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	1 Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup)  Local Peach Skim/1% Milk	2 Cheesy Baked Ziti Roasted Zucchini (All: 1/2 cup) Assorted Fruit Skim/1% Milk	3 Vegetarian Nuggets Carrots Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk

*  Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

Average Cost