

September 2021
Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
		Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheesy Baked Ziti Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	Veggie Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
6	7	8	9	10
HOLIDAY	Vegan Chick'n & Spinach Quesadilla Refried Beans (ALL: 1/2 cup) Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	Jerk Tofu Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Veg Chef Salad with Cheese, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	Cheesy Pasta Salad Assorted Fruit Skim/1% Milk
13	14	15	16	17
Vegetarian Bean Chili Corn Bread Assorted Fruit Skim/1% Milk	Veggie Burger Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheesy Baked Ziti Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	Veggie Nuggets Dinner Roll (9-12 only) Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
20	21	22	23	24
Vegan Chick'n Ranch Wrap with Whole Grain Tortilla Sweet Potato Wedges Assorted Fruit Skim/1% Milk	Vegan Chick'n & Spinach Quesadilla Refried Beans (ALL: 1/2 cup) Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	Jerk Tofu Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Veg Chef Salad with Cheese, Hardboiled Eggs, Croutons Dinner Roll (9-12 ONLY) Assorted Fruit Skim/1% Milk	Cheesy Pasta Salad Assorted Fruit Skim/1% Milk
27	28	29	30	1
Vegetarian Bean Chili Corn Bread Assorted Fruit Skim/1% Milk	Veggie Burger Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Cheesy Baked Ziti Stir Fry Green Beans (ALL: 1/2 cup) Assorted Fruit Skim/1% Milk	

* Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change