

December 2021

Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheese Pizza Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Veggie Burger Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chik'n Sandwich with Broccoli & Carrots (1 cup) Assorted Fruit Skim/1% Milk
Cheesy Baked Pasta Seasoned Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Chik'n Nuggets Dinner Roll Roasted Potatoes Assorted Fruit Skim/1% Milk	Tofu LoMein Assorted Fruit Skim/1% Milk	Vegetable Pasta Salad Assorted Fruit Skim/1% Milk	Jerk Chik'n Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk
Cheese Pizza Oven Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Build-your-own: Chik'n Soft Tacos with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	Cheesy Baked Pasta Seasoned Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chik'n Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Roast Chik'n Cornbread Green Beans & Sweet Potato Casserole Assorted Fruit Skim/1% Milk
Chik'n Nuggets Dinner Roll Tator Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Vegetable Pasta Salad Assorted Fruit Skim/1% Milk	Cheesy Baked Pasta Lemony Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	Veggie Burger Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	BBQ Chik'n Sandwich with Broccoli & Carrots (1 cup) Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change