

February 2022

Mid-Atlantic Region Menu - Vegetarian



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Veggie Nuggets 31</p> <p>Dinner Roll (9-12 only) Roasted Broccoli Assorted Fruit Skim/1% Milk</p>	<p>Pizza Pasta Bake 1</p> <p>Sweet Potato Fries/Tots(K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit</p>	<p>Jerk Tofu Wrap 2</p> <p>Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Build-your-own: Chik'n Soft Tacos 3</p> <p>Fajita-Style Peppers & Onions Shredded Lettuce & Diced Tomatoes Assorted Fruit Skim/1% Milk</p>	<p>Broccoli Pasta Bake 4</p> <p>with Whole Grain Pasta Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>BBQ Tofu Sandwich 7</p> <p>Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Veggie Burger 8</p> <p>Seasoned Kale & Green Beans Medley (1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Loaded Sweet Potato 9</p> <p>with 1 oz cheese, 1/4 c beans, and rice Brown Rice Assorted Fruit Skim/1% Milk</p>	<p>Roast Chik'n 10</p> <p>Chef Choice: Cornbread OR Brown Rice Mashed Potatoes & Green Beans Assorted Fruit Skim/1% Milk</p>	<p>Pasta Alfredo Primavera 11</p> <p>Beans (1/2 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>Veggie Nuggets 14</p> <p>Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Veggie Burger 15</p> <p>Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Cheesy Baked Pasta 16</p> <p>Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>Chik'n Taco Bowl with Brown Rice 17</p> <p>Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>Teriyaki Tofu Sandwich/Wrap 18</p> <p>Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>No School 21</p>	<p>Veggie Nuggets 22</p> <p>Dinner Roll (9-12 only) Roasted Potatoes Assorted Fruit Skim/1% Milk</p>	<p>Chik'n Alfredo 23</p> <p>with Whole Grain Pasta Seasoned Kale & Green Beans Medley (1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Sweet Potato & Black Bean Chili 24</p> <p>Cornbread / Brown Rice (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>Jerk Tofu 25</p> <p>Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>Pizza Pasta Bake 28</p> <p>Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change