

March 2022

Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BBQ Chik'n Sandwich</b> Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Tofu Taco Bowl with Brown Rice</b> with Peppers, Onions, Salsa Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Roast Chik'n</b> Chef Choice: Cornbread OR Brown Rice Mashed Potatoes & Green Beans Assorted Fruit Skim/1% Milk	<b>Cheesy Baked Ziti</b> Seasoned Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk
<b>Brunch For Lunch: Chik'n &amp; Waffle</b> Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Veggie Burger</b> Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Teriyaki Tofu with Broccoli &amp; Carrots</b> Brown Rice  Assorted Fruit Skim/1% Milk	<b>Cheesy Baked Ziti</b> Green Beans (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Build Your Own: Taco with Chik'n Nuggets</b> Fajita Style Vegetable Blend (Onions & Peppers) Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk
<b>Chik'n Nuggets</b> Dinner Roll (9-12 only) Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Veggie Burger</b> Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Jerk Chik'n Sandwich</b> Seasoned Black Beans (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Build your Own: Soft Tofu Tacos</b> Fajita-Style Peppers & Onions (1/2 cup) Street Corn Salad (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Cheesy Baked Ziti</b> Seasoned Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk
<b>BBQ Rub Tofu</b> Dinner Roll (K-8) or Cornbread (9-12) Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Veggie Burger</b> Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Seasoned Chik'n</b> with Carrots Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Chik'n Nuggets</b> Biscuit/Cornbread Mashed Potatoes with Gravy (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Chik'n Patty Sandwich</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk
<b>Veggie Burger</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Cheesy Baked Ziti</b> Lemony Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Asian Stir Fry Noodles with Chik'n</b> with Cabbage and Cauliflower  Assorted Fruit Skim/1% Milk	<b>Arroz con Pollo with Chik'n</b> Seasoned Black Beans (K-8: 1/2 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change