

June 2022

Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cheesy Baked Ziti Roasted Broccoli (1/2 cup) Apples* Skim/1% Milk	Greek Chick'n with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)* Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Veggie Burger Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
BBQ Chick'n Sandwich Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Cheesy Baked Ziti Seasoned Broccoli (1/2 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	Lemon Herb Chick'n with Red Rice (K-8: 1/2 cup; 9-12: 1 cup) Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Apples* Skim/1% Milk	Chick'n Taco Rice Bowl* with fajita peppers & onions (1/2 cup) Steamed Corn* Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
Breakfast for Lunch: Waffles & Egg (9-12) Cheesy Eggs Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Cheesy Baked Ziti Seasoned Broccoli (1/2 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	Veggie Burger Green Beans (K-8: 3/4 cup; 9-12: 1 cup)* Apples* Skim/1% Milk	Veggie Nuggets WG Biscuit/Roll Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Jerk Chick'n with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
Veggie Burger Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Chick'n Fajita Rice Bowl* with fajita peppers & onions (1/2 cup) Black Beans (1/2 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	Cheesy Baked Ziti Seasoned Broccoli (1/2 cup) Apples* Skim/1% Milk	Dry Rub BBQ Chick'n & Biscuit Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Cheese Pizza Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
Veggie Nuggets WG Biscuit Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	Cheesy Baked Ziti Roasted Broccoli (1/2 cup) 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	Greek Chick'n with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Beans (K-8: 3/4 cup; 9-12: 1 cup)* Apples* Skim/1% Milk	Breakfast for Lunch: Pancakes & Egg (9-12) Cheesy Eggs Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change