

VEGETARIAN MENUS

MENU ITEMS	10	11	12	13	14	15	16
APPETIZER (Optional) Juice, Soup, other	Orange Juice	Apple Juice Enriched	Orange/Pine - apple Juice Enriched	Grape Juice Enriched	Orange Juice	Apple Juice Enriched	Grape Juice Enriched
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Vegetarian Chili over rice	Tofu stuffed manicotti (2)	Vegetarian burger w/ mushroom gravy	Seasoned Black Beans	1 cup macaroni and cheese sprinkled w/ wheat germ	Vegetarian meat loaf w/ mushroom gravy	2 Cups vegetable/Tofu stir fry (1 cup vegetable, 1 cup tofu)
If Served, rice or pasta ½ cup	½ c corn	Green beans w/slivered almonds	Lettuce & Tomato	Brown Rice	Stewed Tomatoes & Okra	Mashed Potatoes	Rice
VEGETABLES/FRUITS* Two (2) half cups required daily	Cooked kale w/ 1 tsp sesame seeds	Parsley new potato	½ C orange- glazed carrots ½ C whipped potatoes	Broccoli	½ C Steamed Broccoli	Carrots	Lettuce & Tomato Salad w/ Carrots
BREAD: (Whole Grain or Enriched) One (1) serving daily	Rye	Italian	Whole Wheat	Whole Wheat	Whole Grain Roll	Whole Wheat	Raisin Bread
MARGARINE OR BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Peach halves	Fruit Salad	Baked Apple w/ maple syrup & cinnamon	Orange	2 oatmeal cookies	½ Peach Crisp	Pineapple chunks
MILK: 8 oz.	1%	1%	1%	1%	1%	1%	1%

VEGETARIAN MENUS

MENU ITEMS	17	18	19	20	21	22	23
APPETIZER (Optional) Juice, Soup, other	Enriched Apple Juice	Vegetable Soup	Enriched Grape Juice	Enriched Pineapple Juice	Pea Soup	Split Pea Soup	Orange Juice
MAIN DISH Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving	Refried Beans w/ grated cheese	Chickpea Salad	Lentil Stew	6 oz. Stroganoff w/ wheat gluten	1 Cup Tofu Salad on bed of Lettuce	Spinach Pie	Veggie Burger
If Served, rice or pasta ½ cup	1 bean burrito w/ chopped tomato, onion & lettuce	Carrot Raisin Salad	Rice Pilaf	Noodles w/ Chopped Parsley	Pasta Salad	Boiled Potato	Potato Salad
VEGETABLES/FRUITS* Two (2) half cups required daily	Steamed Rice	Mix Green salad w/ balsamic vinaigrette	Mixed Vegetables	Carrots	½ C Tomato Slices	Lettuce Salad w/ Tomato & Carrot	Green Salad
BREAD: (Whole Grain or Enriched) One (1) serving daily		Whole Wheat	Corn Muffin	Pumpnickel	Whole Wheat Pita Pocket	Whole Wheat Bread	Whole Wheat Roll
MARGARINE OR BUTTER One (1) tsp. daily	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
DESSERT: ½ cup daily	Tropical Fruit Salad	Orange	2 Oatmeal Cookies	Sliced Peaches	Banana Bread	Tropical Fruit Salad	Cantaloupe
MILK: 8 oz.	1%	1%	1%	1%	1%	1%	1%