

VEGETARIAN LUNCH MENU OPTIONS

FUELING YOUNG MINDS TO DO THEIR VERY BEST



VEGETARIAN LUNCH ENTRÉE SELECTIONS

AVAILABLE DAILY ENTRÉE SELECTIONS

- PBJ Sandwich
- Vegetarian Chef Salad w/Bread Choice
- Yogurt or Fruit & Yogurt Parfait w/Bread Choice
- Yogurt & Cheese Stick w/Bread Choice
- Cottage Cheese & Fruit w/Bread Choice

FEATURED ENTRÉE SELECTIONS

- Pizza Dunkers w/Marinara Sauce
- Cheese Pizza, Garlic Pizza, Garlic & Broccoli Pizza, Veggie Lover's Pizza
- Egg Salad Sandwich
- Cheese Ravioli & Marinara Sauce w/Bread
- Homemade Macaroni & Cheese w/Bread
- Toasted Cheese Sandwich
- Bean Nacho Grande, Bean Tacos, Bean Walking Taco or Bean Totchos w/Rice
- Cheese Quesadilla w/Rice
- Burrito Bar: Made to order Bean & Rice Burrito or Bowl
- Baked Mozzarella Sticks w/Pasta & Marinara Sauce
- Cheese or Plain Veggie Burger on a Bun*
- French Toast Sticks, Pancakes or Waffles w/8 oz Yogurt or Cheese stick & 4 oz Yogurt
- Pasta w/Marinara Sauce & Cheese
- Hummus w/Veggies, Chips & Bread*
- Hummus & Fresh Veggie Wrap*
- Veggie Lover's Subs & Wraps*
- Breakfast Sandwich (Request egg & cheese only)*

*Items marked with * can be requested daily, please contact your District Food Service Manager

CHOOSE YOUR OWN VEGETARIAN COMBINATIONS

Vegetable Selections

- Cauliflower
- Broccoli
- Fresh Baby Carrots
- Fresh Pepper Strips
- Fresh Celery Sticks
- Fresh Cucumber Slices
- Fresh Tossed Salad
- Green Beans
- Sliced Carrots
- Corn
- Tomato Soup
- Sweet Potatoes (Mashed, Fries, Wedges)
- Steamed Broccoli
- Oven Fries
- Mashed Potatoes
- Tater Tots
- Potato Wedges
- Refried Beans
- Black Beans
- Sweet Peas
- Steamed Vegetable Medley
- Marinara Sauce
- Baked Beans
- Fresh Tomatoes
- Farm to School Seasonal Veggies

Fruit Selections

- Fresh Watermelon
- Fresh Pineapple
- Fresh Grapes
- Fresh Kiwi
- Fresh Bananas
- Fresh Apples
- Fresh Cantaloupe
- Fresh Oranges
- Fresh Grapefruit
- Peaches
- Pears
- Applesauce
- Mandarin Oranges
- Strawberries
- Blueberries
- Mixed Fruit
- Raisins
- 100% Fruit Juice
- Farm to School & Other Seasonal Fruit Selections