

## Red Clay Vegetarian & Vegan Menu

#### Monday, February 24

#### **Vegetarian Option**

Black Bean & Cheese Burrito with Salsa Roasted Broccoli **Cinnamon Apple Slices** 

#### **Vegan Option**

Black Bean Burrito with Salsa Roasted Broccoli Cinnamon Apple Slices

#### **Tuesday, February 25**

#### Mardi Gras!

#### **Vegetarian Option** Morning Star Veggie Nuggets

Fresh Red & Yellow Peppers Mardi Gras Fruit Mix

#### **Vegan Option**

Morning Star Veggie Nuggets Fresh Red & Yellow Peppers Mardi Gras Fruit Mix

#### Wednesday, February 24

#### **Vegetarian Option**

French Toast Sticks Chocolate Hummus Baked Sweet Potatoes Fresh Fruit Combo Cucumbers & Celery

#### **Vegan Option**

French Toast Sticks Chocolate Hummus **Baked Sweet Potatoes** Fresh Fruit Combo Cucumbers & Celery

#### Thursday, February 25

#### **Vegetarian Option**

Grilled Cheese & Cheddar Goldfish **Tomato Soup** Tuscan Bean Salad Grapes

#### **Vegan Option**

Jamwich & Nabisco Crackers Tomato Soup Tuscan Bean Salad Grapes

#### Friday, February 28

#### **Vegetarian Option**

Cheese Pizza Slice Peas & Corn **Bagged Apples** Assorted Raw Veggies

#### **Vegan Option**

Chocolate Hummus with fruit & crackers Bagged Apples Assorted Raw Veggies

#### Monday, March 2

#### **Vegetarian Option**

Mini Calzones & Marinara Sautéed Spinach Strawberry Cup Chocolate Hummus

#### **Vegan Option**

Southwest Wrap Strawberry Cup Chocolate Hummus

#### Tuesday, March 3

#### **Vegetarian Option**

French Toast Sticks Fresh Fruit Combo Sweet Potato Waffle Fries Cucumbers & Celery

#### **Vegan Option**

French Toast Sticks Fresh Fruit Combo **Sweet Potato Waffle Fries** Cucumbers & Celery

#### Wednesday, March 4

#### **Vegetarian Option**

Morning Star Veggie Nuggets Glazed Carrots **Peaches Red & Yellow Peppers** 

#### **Vegan Option**

Morning Star Veggie Nuggets Carrot Sticks **Peaches** Red & Yellow Peppers

#### Thursday, March 5

#### **Vegetarian Option**

Rocket Tachos Star Tater Tots & cheese Cinnamon Roll Cherry Tomatoes & Broccoli Mixed Fruit

#### Vegan Option

lamwich & Nabisco Crackers Cherry Tomatoes & Broccoli Mixed Fruit

#### Friday, March 6

#### **Vegetarian Option**

Cheese Pizza Slice lack Frost Vegetables **Bagged Apples** 

#### **Vegan Option**

Chocolate Hummus w/ fruit and crackers Jack Frost Vegetables Bagged Apples

#### Monday, March 9

#### **Vegetarian Option**

Southwest Wrap Roasted Broccoli Tuscan Bean Salad Cinnamon Apple Slices

#### **Vegan Option**

Southwest Wrap Roasted Broccoli Tuscan Bean Salad Cinnamon Apple Slices

#### Tuesday, March 10

#### **Vegetarian Option**

lamwich Malibu Blend Veggies Red & Yellow Peppers Pineapple & Mandarins

#### Vegan Option

lamwich Red/Yellow Peppers Pineapple & Mandarins

#### Wednesday, March II I3

#### **Vegetarian Option**

Morning Star Veggie Nuggets Peaches Carrot Sticks

#### **Vegan Option**

Morning Star Veggie Nuggets Peaches Carrot Sticks

#### Thursday, March 12

#### **Vegetarian Option**

Tostitos Chips with Bean Salad & Oueso Corn **Pears** 

#### **Vegan Option**

Tostitos Chips with Bean Salad Pears

#### Friday, March 13

#### **Vegetarian Option**

Cheese Pizza Slice Roasted Zucchini & Carrots Bagged Apples

#### **Vegan Option**

Chocolate Hummus w/ fruit and crackers Roasted Zucchini & Carrots **Bagged Apples** 

















#### Vegetarian:

Assorted Salads, Jamwich Packs, Dairy Lunchables, Fruit & Yogurt Smoothies/ Parfaits, Brownie Batter Hummus, Fresh fruit, Hot/Raw Vegetables



Assorted Salads, Brownie Batter Hummus Fresh Fruit, Raw Vegetable, Hot Vegetable (only when indicated on the menu)

































#### Monday, March 16

#### **Vegetarian Option**

Mozzarella Sticks w/ Marinara Garlic Knot Green Beans Peaches Tuscan Bean Salad

#### **Vegan Option**

Southwest Wrap **Peaches** Tuscan Bean Salad Chocolate Hummus

#### Tuesday, March 17

#### **Vegetarian Option**

Morning Star Veggie Nuggets Mashed Potatoes Shamrock Fruit Salad Celery & Cucumbers

#### **Vegan Option**

Morning Star Veggie Nuggets Shamrock Fruit Salad Celery & Cucumbers

#### Wednesday, March II I3

#### Vegetarian Option

Tortellini w/Marinara& Garlic Knot Roasted Broccoli Peach Cup Red & Yellow Peppers

#### **Vegan Option**

Tostitos w/ Bean Salad & salsa Roasted Broccoli Peach Cup Red & Yellow Peppers

#### Thursday, March 19

#### **Vegetarian Option**

lamwich Ranchero Beans Pears **Carrot Sticks** 

#### **Vegan Option**

**lamwich** Ranchero Beans Pears Carrot Sticks

Cheese Pizza Slice Chocolate Hummus **Bagged Apples** 

#### **Vegan Option**

Chocolate Hummus w/ fruit and crackers Roasted Broccoli & Carrots **Bagged Apples** 

#### Friday, March 20

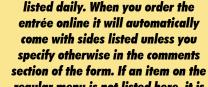
#### **Vegetarian Option**

Roasted Broccoli & Carrots

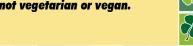
# New Menu Look

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#### Monday, March 23

#### **Vegetarian Option**

Southwest Wrap Sautéed Spinach Black Bean Salad **Applesauce** 

#### **Vegan Option**

Southwest Wrap Black Bean Salad **Applesauce** 

#### Tuesday, March 24

#### **Vegetarian Option**

Grilled Cheese w/Cheddar Goldfish Tomato Soup Tuscan Bean Salad Fresh Grapes

#### **Vegan Option**

Bean Burrito w/Salsa Tuscan Bean Salad Fresh Grapes

#### Wednesday, March 25 23

#### **Vegetarian Option**

French Toast Sticks Fresh Fruit Combo **Baked Sweet Potatoes** Celery & Cucumbers

#### **Vegan Option**

French Toast Sticks Chocolate Hummus Fresh Fruit Combo Celery & Cucumbers

#### Thursday, March 26

#### **Vegetarian Option**

Cheese Pizza Slice Peas & Corn **Bagged Apples** Carrot Sticks

#### **Vegan Option**

amwich **Bagged Apples** Carrot Sticks

#### Friday, March 27

No School Today

# HALF FRUITS AND VEGETABLES





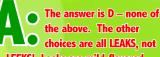






# What can you

- A. Stick your finger in it until help
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above



LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

#### Monday, March 30

#### **Vegetarian Option**

Pizza Dippers w/ Marinara Parmesan Green Beans Mixed Fruit

#### **Vegan Option**

lamwich Chocolate Hummus Mixed Fruit

#### Tuesday, March 31

#### **Vegetarian Option**

Homemade Black Bean Burger Steam Mixed Veggies Pears Broccoli & Celery

#### **Vegan Option**

Homemade Black Bean Burger Pears Broccoli & Celery

#### Wednesday, April I

#### **Vegetarian Option**

Morning Star Veggie Nuggets Malibu Vegetable Mix Red/Yellow Peppers Pineapple & Mandarins

#### **Vegan Option**

Morning Star Veggie Nuggets Red/Yellow Peppers Pineapples & Mandarins

# Thursday, April 2

#### **Vegetarian Option**

Black Bean, Cheese & Salsa Burrito French Fries Peaches **Broccoli & Cherry Tomatoes** 

#### Vegan Option

Black Bean Burrito with Salsa French Fries Peaches **Broccoli & Cherry Toms** 

### Friday, April 3

#### **Vegetarian Option**

Cheese Pizza Slice Jack Frost Vegetables **Bagged Apples** 

#### **Vegan Option**

Chocolate Hummus w/ fruit & crackers Jack Frost Vegetables **Bagged Apples**