

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 w/Soft Pretzel or Breadstick
- **FEATURED ENTRÉE SELECTIONS**
 - Pizza Dunkers w/Marinara Sauce
 - Cheese Pizza, Garlic Pizza, Garlic & Broccoli Pizza, Veggie Lover's Pizza
 - Egg Salad Sandwich
 - Homemade Macaroni & Cheese w/Bread
 - Toasted Cheese Sandwich
 - Bean Nacho Grande
 - Bean Tacos w/Rice
 - Baked Mozzarella Sticks w/Marinara Sauce
 - Cheese or Plain Veggie Burger on a Bun*
 - French Toast Sticks
 - Pancakes & Waffles
 - Pasta w/Marinara Sauce
 - Hummus w/Veggies, Chips & Bread*
 - Hummus & Fresh Veggie Wrap*
 - Veggie Lover's Subs & Wraps*
 - Breakfast Sandwich (Request egg & cheese only)*
 - Fruit & Yogurt Parfait w/Bread Choice*
 - Cottage Cheese w/ Fruit & Bread Choice*

*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
- Carrot Coins
- Corn
- Tomato Soup
- Sweet Potatoes (Mashed, Fries, Wedges)
- Steamed Broccoli
- Oven Fries
- Mashed Potatoes
- Tater Tots
- Potato Wedges
- Refried Beans
- Sweet Peas
- California Blend Vegetables
- Steamed Vegetable Medley
- Marinara Sauce
- Baked Beans
- Fresh Tomatoes

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
- Other Seasonal Fruit Selections