

Vegetarian Menu

Penne w/ Plant-Based Sausage Marinara	Cheese Omelet	BBQ Jackfruit w/ Wheat Bun	Spaghetti w/ Tomato Sauce	Vegetarian Burger w/ Wheat Bun
<ul style="list-style-type: none"> • Marinara • Broccoli • Carrots • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • Salsa • Shredded Mini Wheat Cereal • Red Skinned Potatoes • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • Green Peas • Brussel Sprouts w/ Onion • Tropical Fruit Salad • Milk 	<ul style="list-style-type: none"> • Vegetarian Meatballs • Broccoli • Carrots • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • Scalloped Potatoes • Festive Green Beans • Pineapple Bits • Milk
Vegetable Lasagna	Plant-Based Chicken & Broccoli Casserole	Vegetable Chili	Lentil Soup	Stir Fry w/ Plant-Based Strips
<ul style="list-style-type: none"> • Carrots • Lima Beans • Wheat Bread • Pineapple Bits • Milk 	<ul style="list-style-type: none"> • Capri Vegetable Blend • Wheat Bread • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • Turnip Greens • Roasted Sweet Potatoes • Cornbread • Tropical Fruit Salad • Milk 	<ul style="list-style-type: none"> • Cornbread • Margarine • Sliced Apples • Milk 	<ul style="list-style-type: none"> • Brown Rice • Diced Pears • Milk

Nutrition Info

Penne w/ Plant-Based Sausage Marinara	Cheese Omelet	BBQ Jackfruit w/ Wheat Bun	Spaghetti w/ Tomato Sauce	Vegetarian Burger w/ Wheat Bun
517 Calories 11 g Fat 12 g Fiber 459 mg Calcium 910 mg Sodium 80 g Carbohydrate	647 Calories 25 g Fat 9 g Fiber 493 mg Calcium 773 mg Sodium 76 g Carbohydrate	529 Calories 9 g Fat 14 g Fiber 365 mg Calcium 676 mg Sodium 95 g Carbohydrate	573 Calories 15 g Fat 11 g Fiber 433 mg Calcium 493 mg Sodium 83 g Carbohydrate	585 Calories 16 g Fat 13 g Fiber 525 mg Calcium 969 mg Sodium 78 g Carbohydrate
Vegetable Lasagna	Plant Based Chicken & Broccoli Casserole	Vegetable Chili	Lentil Soup	Stir Fry w/ Plant-Based Strips
730 Calories 17 g Fat 14 g Fiber 606 mg Calcium 661 mg Sodium 107g Carbohydrate	495 Calories 12 g Fat 10 g Fiber 525 mg Calcium 871 mg Sodium 69 g Carbohydrate	737 Calories 22 g Fat 15 g Fiber 708 mg Calcium 766 mg Sodium 109 g Carbohydrate	677 Calories 23 g Fat 15 g Fiber 393 mg Calcium 494 mg Sodium 95 g Carbohydrate	572 Calories 10 g Fat 7 g Fiber 337 mg Calcium 879 mg Sodium 89 g Carbohydrate