

VEGETARIAN LUNCH – JUNE '23

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<p>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories.</p> <p>Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>						<p>1</p> <p>Tortellini (120) w/ Garlic Sauce (83) Cali Blend Veg (17) Wheat Roll (210) Fruit Buckle (360) / Pears (4) 1% Milk (100)</p> <p>Sodium 890, Cal 602, Carb 70</p>		<p>2 COLD PLATE</p> <p>Egg Salad (300) Potato Salad (237) Carrot Raisin Salad (179) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 1126, Cal 938, Carb 73</p>		<p>3 FROZEN MEAL</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p>		<p>4 FROZEN MEAL</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p>	
<p>5</p> <p>Vegetarian Sesame Noodles (232) Chilled Green Bean Salad (2) Whole Wheat Bread (170) Pineapple (1) 1% Milk (100)</p> <p>Sodium 505, Cal 595, Carb 92</p>		<p>6</p> <p>Cheese Blintz (~283) and Peaches (6) Broccoli (9) Rye Bread (230) Yogurt (65), 1% Milk (100)</p> <p>Sodium 703, Cal 548, Carb 96</p>		<p>7</p> <p>Meatless Burger (650)* w/ Lettuce & Tomato (2), LS Cheese (198) Wax Beans (3), Herbed Penne (1) Hamburger Bun (230) Fresh Orange (0), 1% Milk (100)</p> <p>Sodium 1184, Cal 630, Carb 93</p>		<p>8</p> <p>Meatless Chick'n Tenders (510)* w/ Chef's Choice Sauce (~156) Mashed Potatoes, Tuscan Veg (48) Wheat Bread (115), 1% Milk (100) Cookie (79) / SF Cookie (75)</p> <p>Sodium 1134, Cal 693, Carb 96</p>		<p>9</p> <p>Vegetarian Hot Dog (490) Yellow Rice (169) Cilantro Lime Coleslaw (60) Hotdog Roll (210), Yogurt (75) 1% Milk (100)</p> <p>Sodium 1104, Cal 732, Carb 86</p>		<p>10 FROZEN MEAL</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p>		<p>11 FROZEN MEAL</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p>	
<p>12</p> <p>Sweet & Sour Meatless Balls (335) Wht Rice (4) Oriental Blend Veg (21) Oatnut Bread (150), Mixed Fruit(10) 1% Milk (100)</p> <p>Sodium 620, Cal 601, Carb 104</p>		<p>13</p> <p>Mashed Chickpea Salad (646)* Tortellini Broccoli Salad (115) Cucumber Salad (122) Hotdog Bun (210), Pears (4) 1% Milk (100)</p> <p>Sodium 1197, Cal 1018, Carb 93</p>		<p>14</p> <p>Meatless Shepherd's Pie (705)* Carrots (44) Whole Wheat Bread (170) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 1020, Cal 567, Carb 97</p>		<p>15</p> <p>Meatless Chicken Tenders (510)* w/ Garlic Sauce (58) ½ Baked Potato (4) Tuscan Blend Veg (48), Wheat Brd Birthday Ck.(291) / Angel Ck., Milk</p> <p>Sodium 1126, Cal 765, Carb 95</p>		<p>16</p> <p>Mac & Cheese w/ Chorizo Crumbles (724)* Broccoli (9), Wheat Bread (115) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 957, Cal 532, Carb 75</p>		<p>17 FROZEN MEAL</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p>		<p>18 FROZEN MEAL</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p>	
<p>19 NO MEAL SERVICE</p>		<p>20 TACO TUESDAY</p> <p>Taco Mix w/ Beans & Veggie Chorizo Crumbles (696)* White Rice (4), Mexicali Corn (56) Flour Tortilla (170), Pineapple (1) 1% Milk (100)</p> <p>Sodium 1120, Cal 799, Carb 92</p>		<p>21</p> <p>Chick'n Tenders (510)* w/ Honey Glaze (1) Red Bliss Potatoes(6), Spinach(76) Mini Biscuit (170), Clementine (1) 1% Milk (100)</p> <p>Sodium 787, Cal 588, Carb 87</p>		<p>22</p> <p>Egg & Cheese (210) Vegetarian Sausage Patty (324) Hashbrown (249), Applesauce (9) Brussels Sprouts (17), 1% Milk Hashbrown (249), Wheat Brd (115)</p> <p>Sodium 1024, Cal 589, Carb 74</p>		<p>23</p> <p>Mac & Cheese (630) Carrots & Cauliflower Mix (42) Wheat Bread (115) Oatmeal Cookie (150)/SF Ckie (75) 1% Milk (100)</p> <p>Sodium 1037, Cal 707, Carb 99</p>		<p>24 FROZEN MEAL</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p>		<p>25 FROZEN MEAL</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p>	
<p>26</p> <p>Chick'n Strips (197) w/ Onions & Peppers (28) Warm Lemon Chickpea Salad (130) Cornbread (80) Clementine (1), 1% Milk (100)</p> <p>Sodium 536, Cal 661, Carb 72</p>		<p>27</p> <p>Meatless Chick'n Parm (629)* Penne (1) & Marinara (25) Brussels Sprouts (17) White Bread (105) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 856, Cal 664, Carb 96</p>		<p>28 COLD PLATE</p> <p>Cobb Salad w/ Egg, Cheese, Chickpeas (429), Ranch Drsg.(110) Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1)</p> <p>Sodium 992, Cal 653, Carb 71</p>		<p>29</p> <p>Meatless Burger (650)* w/ BBQ (78) Yellow Rice w/ Pigeon Peas (47) Cali. Blend (17), Oatnut Bread (150) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 1044, Cal 554, Carb 99</p>		<p>30</p> <p>Broccoli Cheese Quiche (445) Peas & Pearl Onions (34) Tater Tots (334) Brownie (150) / SF Cookie (75) Wheat Bread (115), 1% Milk (100)</p> <p>Sodium 1178, Cal 1007, Carb 83</p>		<p>JULY 1 FROZEN MEAL</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p>		<p>JULY 2 FROZEN MEAL</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p>	