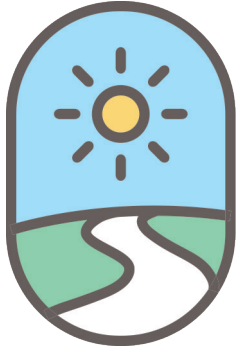


Quentin Road Kid's Vegetarian Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grilled Cheese Sandwich Cream of Mushroom Soup Peas Pineapple Milk or Water	Cheese Sandwich Green Beans Cornbread Pineapple Milk or Water	Veggie Nuggets Carrots Whole Grain Buttered Rotini Strawberries Milk or Water	Cheese Tacos Corn Rice Peaches Milk or Water	Cheese Sandwich Yogurt with Honey Cucumbers Mixed Fruit Milk or Water
Week 2	Garden Burger Green Beans Pita Bread Strawberries Milk or Water	Homemade Cheese Pizza Cucumbers Greek Yogurt with Honey Orange Slices Milk or Water	Cheese Sandwich Bread with Butter Carrots Bananas Milk or Water	Cheese Sandwich Broccoli Chips cooked in Avocado Oil Mandarin Oranges Milk or Water	Veggie Hot Dogs Peas Mandarin Oranges Applesauce Milk or Water
Week 3	Veggie Nuggets Corn Rice Mixed Fruit Milk or Water	Grilled Cheese Sandwich Cream of Mushroom Soup Carrots Pineapple Milk or Water	Waffles String Cheese Cucumbers Applesauce Milk or Water	Spaghetti & Marinara Broccoli Bread with Butter Mixed Fruit Milk or Water	Greek Yogurt with Honey Macaroni & Cheese Peas Strawberries Milk or Water
Week 4	Whole Grain Pancakes Greek Yogurt with Honey Tator Tots — Baked Bananas Milk or Water	Pasta & Alfredo Sauce Broccoli Bread with Butter Pears Milk or Water	Cheese Quesadillas Corn Rice Peaches Milk or Water	Breaded Cheese Sticks Carrots Chips cooked in Avocado Oil Strawberries Milk or Water	Garden Burger Green Beans Pickles Raspberries Milk or Water
Week 5	Cheese Tacos Corn Rice Pears Milk or Water	Cheese Sandwich Cream of Mushroom Soup Cucumbers Applesauce Milk or Water	Greek Yogurt with Honey Green Beans Rotini with Cheese Pineapple Milk or Water	Garden Burger Broccoli Pickles Orange Slices Milk or Water	Scrambled Eggs Tator Tots — Baked Granola Bar Bananas Milk or Water
Week 6	Waffles Cheese Stick Cucumbers Fruit Cup Milk or Water	Cheese Sandwich Chips cooked in Avocado Oil Peas Bananas Milk or Water	Veggie Nuggets Broccoli Rice Mandarin Oranges Milk or Water	Veggie Hot Dogs Carrots Strawberries Granola Bar Milk or Water	Mostaccioli & Marinara Sauce Green Beans Bread with Butter Pineapple Milk or Water



Breakfast Items to choose from:

Cereal: Cheerios, Corn Chex, Frosted Mini-Wheats, Honey Bunches of Oats, Frosted Flakes, Rice Krispies

Other Options: Granola Bars, Apples, Cheese Sticks, Yogurt, Fruit Cups, Applesauce, Bananas

Drinks: Orange Juice, Milk, Water

Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM: Mandarin Oranges PM: Trail Mix (no nuts)	AM: Cheese Sticks PM: Twice Baked Bars	AM: Chips cooked in Avocado Oil with Dip PM: Cheese & Crackers	AM: Strawberries & Yogurt with Honey PM: Pretzels	AM: Pita Chips PM: Cheddar Puffs
Week 2	AM: Applesauce & Cheese PM: Granola Bars	AM: Mixed Fruit & Yogurt with Honey PM: Parmesan Crisps	AM: Fruit Pouches & Cheese PM: Pretzels	AM: Veggie Straws PM: Cheese & Crackers	AM: Mangoes & Cheese PM: Trail Mix (no nuts)
Week 3	AM: Dragon Fruit & Yogurt with Honey PM: Cheddar Puffs	AM: Mandarin Oranges PM: Pita Chips	AM: Granola Bars PM: Bananas & Yogurt with Honey	AM: Applesauce & Cheese PM: Pretzels	AM: Cheddar Puffs PM: Apple Slices with Sunbutter
Week 4	AM: Pretzels & Cucumbers w/ Ranch PM: Twice Baked Bars	AM: Applesauce & Cheese PM: Veggie Straws	AM: Parmesan Crisps PM: Mangoes & Cheese	AM: Mandarin Oranges PM: Cheese & Crackers	AM: Cheese Sticks PM: Yogurt with Granola (contains coconut) & Honey
Week 5	AM: Cheese Sticks PM: Chips cooked in Avocado Oil with Dip	AM: Pita Chips PM: Granola Bars	AM: Pretzels & Cucumbers w/ Ranch PM: Twice Baked Bars	AM: Apple Slices w/Sunbutter PM: Cheddar Puffs	AM: Strawberries & Yogurt with Honey PM: Cheese & Crackers
Week 6	AM: Cheese Sticks PM: Veggie Straws	AM: Trail Mix (no nuts) PM: Yogurt with Granola (contains coconut) & Honey	AM: Apple Slices with Sunbutter PM: Cheese & Crackers	AM: Pita Chips PM: Mangoes & Cheese	AM: Mandarin Oranges PM: Parmesan Crisps