

Child Study Center - Vegetarian

April 3 - April 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Veggie Nuggets-3 oz. Green Beans-1/2 c. Wheat Dinner Roll Fresh Apple-1 Milk-6 oz.	4 Macaroni and Veggie Beef-5 oz. Baby Carrots-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-6 oz.	5 Mozzarella Sticks-4 Mashed Potatoes-1/2 c. Diced Pear Cup-1/2 c. Dinner Roll Milk-6 oz.	6 Veggie Meatballs w/ Sauce-3 oz. Corn-1/2 c. Dinner Roll Fresh Banana-1 Milk-6 oz.	7 Macaroni and Cheese-5 oz. Broccoli Florets-1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
10 Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	11 Cheese Lasagna with Sauce- 5 oz. Green Beans-1/2 c. Fresh Orange-1 Wheat Dinner Roll Milk-6 oz.	12 Veggie Nuggets-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Applesauce Cup-1/2 c. Milk-6 oz.	13 Veggie Turkey and Cheese on a Wheat Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	14 3x5 Pizza Square-1 Romaine Salad w/ Dressing-1 c. Mixed Fruit Cup-1/2 c. Cheese Stick-1 Milk-6 oz.
17 Veggie Nuggets-3 oz. Mixed Vegetables-1/2 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-6 oz.	18 Pasta Shells w/ Veggie Meat Sauce- 5 oz. Brussel Sprouts-1/2 c. Italian Bread Fresh Apple-1 Milk-6 oz.	19 Breaded Veggie Chicken Fillet on a Wheat Bun-1 Corn-1/2 c. Fresh Banana-1 Milk-6 oz.	20 Swedish Veggie Meatballs-5 Mashed Potatoes-1/2 c. Whole Grain Bread Mandarin Orange Cup-1/2 c. Milk-6 oz.	21 Macaroni and Cheese-5 oz. Green Beans-1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Bread Milk-6 oz.
24 Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-6 oz.	25 Veggie Nuggets-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-6 oz.	26 Mozzarella Sticks-4 Mixed Vegetables-1/2 c. Dinner Roll Diced Peach Cup-1/2 c. Milk-6 oz.	27 Veggie Turkey and Cheese on a Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-6 oz.	28 3x5 Pizza Square-1 Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Cheese Stick-1 Milk-6 oz.