



March 2019 Veg HDM 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	Spinach Lasagna w/Florentine Sauce Green Beans w/Red Peppers Wheat Roll Fruit 1
Veggie Meatball w/Marinara Cheese Tortellini Broccoli Rye Bread Chocolate Pudding 4	BBQ Tofu Mashed Sweet Potatoes Collard Greens Italian Bread Fruit 5	WG Corn and Poblano Empanada Macaroni & Cheese Green Peas Whole Grain Roll Oatmeal Cookie 6	Whole Grain Cheese Quesadilla Black Beans & Corn w/Sour Cream Fruit 7	Vegetable Lasagna with Marinara Sauce Carrots Wheat Roll Fruit 8
Falafel w/ Apple Chutney Whole Grain Brown Rice Green Peas Vanilla Pudding Italian Bread 11	Veggie Pot Pie w/Buttermilk Biscuit California Blend Vegetables Wheat Roll Fruit 12	Sweet Potato Corn Cake w/Honey Mustard Whole Grain Brown Rice Kale Greens Fruit Rye Bread 13	HOLIDAY MEAL Roasted Root Vegetables w/Cabbage Slaw Boiled Potatoes Carrots Soda Bread Holiday Cookie 14	Whole Grain Cheese Pizza Green Beans w/Red Peppers Italian Bread Fruit 15
Whole Grain Cheese Enchilada w/Tomato Sauce Whole Grain Brown Rice Carrots Wheat Bread Butterscotch Pudding 18	Chickpea Nuggets Rice Pilaf Broccoli Fruit Sweet & Sour Dipping Sauce 19	Roasted Veggies & Cheese Panini Whole Grain Panini Sweet Potato Wedges Brownie 20	Teriyaki Tofu Whole Grain Brown Rice Mixed Vegetables Fruit 21	Smoke House Chili w/Squash Green Peas Cornbread Fruit 22
Whole Grain Three Cheese Calzone w/Marinara Sauce Broccoli Vanilla Pudding Wheat Roll 25	BBQ Chickpeas Whole Grain Brown Rice Carrots Wheat Bread Fruit 26	Tofu Fajita Bowl Whole Grain Brown Rice Corn with Red Peppers Fruit Rye Bread 27	Vegetarian Chop Suey Whole Grain Pasta Green Beans Wheat Bread Carrot Cake 28	Stuffed Shells w/Marinara Sauce Mixed Vegetables Fruit Wheat Roll 29