



# May 2019

## Veg HDM 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b>	<b>30</b>	Vegetarian Jambalaya w/ Beans  Whole Grain Brown Rice Green Beans w/Red Peppers Wheat Bread Fruit  <b style="text-align: right;">1</b>	Corn Fritters  Plantains Sweet Potato Hash Rye Bread Fruit  <b style="text-align: right;">2</b>	Spinach Lasagna w/Florentine Sauce  Carrots Wheat Roll Fruit  <b style="text-align: right;">3</b>
Chickpea Nuggets  Whole Grain Brown Rice Broccoli Rye Bread Sugar Free Jell-O Sweet & Sour Dipping Sauce  <b style="text-align: right;">6</b>	Whole Grain Cheese Quesadilla  Rice and Beans Black Beans & Corn Italian Bread Fruit w/Sour Cream  <b style="text-align: right;">7</b>	Tomato Mozzarella Caprese Panini  On Whole Grain Panini Potato Wedges Fruit Whole Grain Roll Oatmeal Cookie  <b style="text-align: right;">8</b>	Whole Grain Cheese Enchilada  w/Tomato Sauce Brown Rice & Beans Mixed Vegetables Rye Bread Fruit  <b style="text-align: right;">9</b>	Eggplant Parmesan  Cheese Tortellini w/Marinara Carrots Wheat Bread Fruit  <b style="text-align: right;">10</b>
Black Bean Sweet Potato Hash  White Rice Green Peas Italian Bread Vanilla Pudding  <b style="text-align: right;">13</b>	Sweet Potato Corn Cake  w/ Sweet Chili Sauce Whole Grain Brown Rice California Blend Vegetables Wheat Roll Fruit  <b style="text-align: right;">14</b>	Veggie Pot Pie  w/Buttermilk Biscuit Kale Greens Rye Bread Fruit  <b style="text-align: right;">15</b>	Tofu Tacos w/Cheese  w/Shredded Cheddar Whole Grain Soft Tortilla Corn with Red Peppers Brownie  <b style="text-align: right;">16</b>	Whole Grain Cheese Pizza  Green Beans w/Red Peppers Italian Bread Fruit  <b style="text-align: right;">17</b>
Savory Fried Tofu  Mashed Potatoes Carrots Wheat Bread Sugar Free Jell-O  <b style="text-align: right;">20</b>	Chickpea Nuggets  Rice Pilaf Broccoli Fruit Sweet & Sour Dipping Sauce  <b style="text-align: right;">21</b>	Roasted Veggies & Cheese Panini  On Whole Grain Panini Sweet Potato Wedges Wheat Bread Fruit  <b style="text-align: right;">22</b>	HOLIDAY MEAL  Vegetable Frankfurter White Hot Dog Bun Baked Beans Holiday Cookie Ketchup & Mustard  <b style="text-align: right;">23</b>	Veggie Carbonara  Pasta Green Peas Scali Bread Fruit  <b style="text-align: right;">24</b>
Memorial Day!          <b style="text-align: right;">27</b>	Black Bean & Quinoa Stuffed Pepper  Mashed Potatoes Broccoli Wheat Bread Fruit  <b style="text-align: right;">28</b>	Tofu Fajita Bowl  Whole Grain Brown Rice Corn with Red Peppers Rye Bread Carrot Cake  <b style="text-align: right;">29</b>	BBQ Texas Veg Burger w/Onion Rings  White Hamburger Bun California Blend Vegetables Fruit  <b style="text-align: right;">30</b>	Stuffed Shells  w/Marinara Sauce Mixed Vegetables Wheat Roll Fruit  <b style="text-align: right;">31</b>