



## August 2022 Vegetarian HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>1</b>	Vegetarian Meatloaf w/ Gravy Mashed Potatoes Tuscan Vegetables Whole Grain Cornbread Chocolate Pudding Margarine	<b>NA+</b> 443 113 31 90 135 30	<b>2</b> Unstuffed Roasted Pepper Bowl w/ Lentils & Rice Carrots Wheat Bread Fruit Margarine	<b>NA+</b> 504 28 32 135 0 30	<b>3</b> Veggie Fritters w/ Herb Aioli Vegetable Rice Pilaf Kale & Peppers Wheat Roll Fruit Margarine	<b>NA+</b> 368 31 14 135 0 30	<b>4</b> Swedish Meatballs (Vegetarian) Egg Noodles Brussel Sprouts Wheat Roll Shortbread Cookie Margarine	<b>NA+</b> 428 5 23 135 150 30	<b>5</b> BBQ Tofu Baked Beans Zucchini & Squash Wheat Bread Fruit Margarine	<b>NA+</b> 523 140 9 135 0 30
Cal:730 CHO:95g Na:967mg		Cal:848 CHO:110g Na:854mg		Cal:781 CHO:101g Na:703mg		Cal:715 CHO:88g Na:896mg		Cal:685 CHO:100g Na:962mg		
<b>8</b>	Chik'n Bites Potato Wedges Kale, Corn & Peppers Wheat Bread Vanilla Pudding Margarine	<b>NA+</b> 465 20 14 135 130 30	<b>9</b> Egg Roll Skillet w/ Ground Tofu White Rice Vegetable Medley Snack Loaf Fruit Margarine	<b>NA+</b> 485 25 18 150 0 30	<b>10</b> <b>Cold Meal</b> Garden Salad w/ Chickpeas & Cheese Abruzzi Tortellini Pasta Salad Broccoli Salad Wheat Roll Homemade Banana Pudding Margarine	<b>NA+</b> 255 339 90 135 121 30	<b>11</b> Veggie Burger Baked Beans Carrots Wheat Hamburger Bun Fruit Margarine Ketchup	<b>NA+</b> 272 140 32 230 0 30 85	<b>12</b> Honey Garlic Tofu Roasted Sweet Potatoes Green Beans Wheat Bread Fruit Margarine	<b>NA+</b> 90 60 6 135 0 30
Cal:714 CHO:96g Na:919mg		Cal:865 CHO:124g Na:833mg		Cal:710 CHO:92g Na:1095mg		Cal:795 CHO:124g Na:914mg		Cal:680 CHO:87g Na:446mg		
<b>15</b>	Chik'n Cutlet w/ Gravy Mashed Potatoes Brussel Sprouts Snack Loaf Chocolate Pudding Margarine	<b>NA+</b> 326 113 23 150 135 30	<b>16</b> Creamy Cajun Beans Cheesy Grits Broccoli Hawaiian Sweet Roll Fruit Margarine	<b>NA+</b> 458 102 6 80 0 30	<b>17</b> Vegetarian Chop Suey Elbow Macaroni Mixed Vegetables Whole Grain Garlic Toast Vanilla Cupcake Margarine	<b>NA+</b> 540 0 17 120 230 30	<b>18</b> Falafel Sweet Potatoes Vegetable Medley Wheat Bread Fruit Margarine	<b>NA+</b> 680 37 18 135 0 30	<b>19</b> Whole Grain Cheese Lasagna w/ Lentil Bolognese Green Beans w/Peppers White Bread Fruit Margarine	<b>NA+</b> 390 365 6 150 0 30
Cal:764 CHO:103g Na:902mg		Cal:790 CHO:110g Na:801mg		Cal:683 CHO:77g Na:1062mg		Cal:710 CHO:105g Na:1025mg		Cal:680 CHO:92g Na:1066mg		
<b>22</b>	Creamy White Bean Casserole Egg Noodles Vegetable Medley WG Buttermilk Biscuit Vanilla Pudding Margarine	<b>NA+</b> 393 5 18 410 130 30	<b>23</b> Bean & Sweet Potato Tacos w/ Lime Wedge & Cheese Cilantro Lime Coleslaw Corn w/ Peppers Flour Tortillas Fruit Margarine	<b>NA+</b> 370 70 6 220 0 30	<b>24</b> Sweet Corn Fritter Red Skin Mashed Potatoes Green Beans Wheat Roll Fruit Margarine	<b>NA+</b> 414 267 6 135 0 30	<b>25</b> Stewed Beans w/ Tomatoes Polenta Collard Greens Cornbread Loaf Chocolate Chip Cookie Margarine	<b>NA+</b> 354 36 40 90 70 30	<b>26</b> Veggie Sausage Cacciatore Bowtie Pasta Mixed Vegetables Wheat Roll Fruit Margarine	<b>NA+</b> 500 0 17 135 0 30
Cal:892 CHO:129g Na:1111mg		Cal:839 CHO:117g Na:821mg		Cal:778 CHO:78g Na:977mg		Cal:798 CHO:107g Na:745mg		Cal:686 CHO:92g Na:807mg		
<b>29</b>	<b>High Sodium Meal</b> BBQ Chickpeas Baked Beans California Blend Vegetables Wheat Hamburger Bun Chocolate Pudding Margarine	<b>NA+</b> 578 140 36 230 135 30	<b>30</b> <b>Cold Meal</b> Greek Pasta Salad w/ Beans, Tomatoes, Olives & Feta Cheese Cucumber Salad Whole Grain Pita Bread Fruit Margarine	<b>NA+</b> 460 360 1 250 0 30	<b>31</b> Spaghetti & Meatballs (Vegetarian) w/ Red Sauce & Parmesan Cheese Tuscan Blend Vegetables Wheat Roll Fruit Margarine	<b>NA+</b> 365 392 31 135 0 30				
Cal:743 CHO:131g Na:1274mg		Cal:760 CHO:109g Na:1227mg		Cal:700 CHO:92g Na:1078mg						