



## November 2022 Vegetarian HDM Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday							
		1	Vegetarian Meatballs & Marinara Whole Grain Spaghetti Broccoli Wheat Roll Fruit Margarine Cal:688 CHO:90g Na:1059mg	NA+	2	Country Veg. Cutlet w/Gravy Mashed Potatoes Brussel Sprouts Whole Grain Cornbread Fruit Margarine Cal:765 CHO:113g Na:709mg	NA+	3	Cajun Beans Pasta Vegetable Medley Wheat Roll Shortbread Cookie Margarine Cal:678 CHO:104g Na:647mg	NA+	4	Falafel Bites Sweet Rice Mixed Vegetables Wheat Roll Fruit Margarine Cal:779 CHO:95g Na:1012mg	NA+	680 25 17 135 0 30 1012	
7	Vegetarian Shepherd's Pie Mashed Potatoes Green Beans w/ Red Peppers Wheat Roll Fruit Margarine Cal:685 CHO:89g Na:723mg	NA+	8	Honey Mustard Chik'n Cutlet Rice Pilaf Corn Wheat Roll Vanilla Pudding Margarine Cal:720 CHO:99g Na:876mg	NA+	9	3 Bean Chili w/ Buttermilk Biscuit Broccoli Fruit Margarine Cal:675 CHO:103g Na:797mg	NA+	10	Vegetarian Sausage w/ Apples Mashed Potatoes Brussel Sprouts Whole Grain Cornbread Oatmeal Cookie Margarine Cal:747 CHO:95g Na:1008mg	NA+	11	Whole Grain Cheese Lasagna w/ Spinach Florentine Sauce Vegetable Medley Wheat Roll Fruit Margarine Cal:680 CHO:78g Na:789mg	NA+	390 91 18 135 0 30 789
14	Teriyaki Tofu White Rice Corn w/ Peppers Wheat Bread Fruit Margarine Cal:680 CHO:100g Na:896mg	NA+	15	Vegetarian Chili w/ Shredded Cheese w/ Whole Grain Cornbread California Blend Vegetables Chocolate Pudding Margarine Cal:808 CHO:113g Na:1013mg	NA+	16	Tofu Anna Maria Polenta Broccoli Wheat Roll Fruit Margarine Cal:705 CHO:83g Na:548mg	NA+	17	Veggie Fritters w/ Aioli Macaroni & Cheese Kale & Corn Wheat Bread Fruit Margarine Cal:883 CHO:103g Na:812mg	NA+	18	<b>Harvest Meal</b> Roasted Veggie Sausage w/ Gravy Mashed Potatoes Glazed Carrots Wheat Roll Chocolate Chip Cookie Cal:720 CHO:85g Na:1151mg	NA+	588 113 90 135 70 1121
21	Veggie Sausage Marsala & Mushrooms Egg Noodles Green Peas Wheat Roll Fruit Margarine Cal:695 CHO:87g Na:986mg	NA+	22	Vegetarian Chop Suey Elbow Macaroni Tuscan Blend Vegetables Wheat Bread Shortbread Cookie Margarine Cal:698 CHO:90g Na:894mg	NA+	23	Chik'n Cutlet & Gravy Cheesy Rice Carrots Whole Grain Cornbread Fruit Margarine Cal:1000 CHO:121g Na:927mg	NA+	24	<b>Holiday - No Meals Served</b>		25	<b>Thanksgiving Holiday Meal</b> Roasted Tofu w/ Gravy Stuffing w/ Cranberries Green Beans Wheat Roll Apple Crisp Cal:795 CHO:105g Na:695mg	NA+	136 200 6 135 63 665
28	Lemon Ricotta Parmesan WG Cheese Ravioli (4 each) Broccoli Wheat Bread Fruit Margarine Cal:702 CHO:88g Na:773mg	NA+	29	Sweet Potato White Bean Patty Rice Pilaf Mixed Vegetables Wheat Roll Chocolate Pudding Margarine Cal:688 CHO:106g Na:727mg	NA+	30	Braised Chickpeas w/ Gravy Red Skin Mashed Potatoes Green Beans w/ Red Peppers Whole Grain Cornbread Fruit Margarine Cal:758 CHO:113g Na:723mg	NA+							