

January

Lunch Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday No School	2 Curry Tofu & Rice (GF, VEG, & V)	3 Lentil & Chickpea Balls w/ Mashed Potatoes (GF, VEG, & V)	4 Bean & Cheese Quesadilla (VEG)	5 Mexican Lasagna w/ Chickpeas & Vegetables (GF & VEG)
8 Mac & Cheese (VEG)	9 Bean & Vegetable Tacos (VEG)	10 Vegetable & Bean Chili w/ Oyster Crackers (VEG & V)	11 Cheesy Rice Bake w/ Tofu (GF & VEG)	12 BBQ Tofu & Vegetable Sandwich (VEG & V)
15 Holiday No School	16 Cajun Rice & Beans w/ Tofu (GF, VEG, & V)	17 Tofu Teriyaki w/ Rice (GF, VEG & V)	18 Grilled Cheese (VEG)	19 Black Bean Burger (VEG & V)
22 Black Bean Tetrazzini (VEG & V)	23 Cheese Pizza (VEG)	24 Lemon Pepper Tofu & Rice (GF, VEG, & V)	25 Sloppy Joes w/ Vegetables & Chickpeas (VEG & V)	26 Creamy Tomato Soup w/ Beans (VEG & V)
29 Pasta w/ Beans & Vegetables (VEG & V)	30 Hush Puppies w/ Chickpeas & Ketchup (GF, VEG, V)	31 Vegetable & Tofu Stir-Fry (GF, VEG & V)	1 Pasta w/ Vegetable Bolognese & Beans (VEG & V)	2 Chickpea & Polenta Vegetable Nuggets (GF, VEG, & V)

All lunches are served with fresh fruit and vegetables.

GF = Gluten-Free

VEG = Vegetarian

DF = Dairy-Free

V = Vegan

