

Vegetarian Menu

Magellan International School: Feb/March 2017



Monday	Tuesday	Wednesday	Thursday	Friday
February 6th	February 7th	February 8th	February 9th	February 10th
Pizza on Sweetish Hill Whole Wheat Crust w/Mozzarella & Roasted Veggie Sauce, Veggie sticks & Fruit	Tofu Mac Baguette Slices Fruit of the Day	Baked Tofu Sticks Oven-Roasted Sweet Potatoes Cauliflower and Peas Fresh Fruit	Cheese or Bean Taco Steamed Basmati Rice Seasoned Green Beans Fruit of the Day	Hummus & Veggie Wrap Daily Fruit
February 13th	February 14th	February 15th	February 16th	February 17th
Hot Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Fresh Fruit	Baked Ziti & Roasted Vegetable Marinara Fresh Cooked Broccoli & Daily Fruit	Chickpea and Veggie Stir-Fry Steamed Basmati Rice Broccoli and Peppers Fruit of the Day	Waffles & Baked Tofu Sticks Roasted Brussel Sprouts Fruit of the Day	School Closed
February 20th	February 21st	February 22nd	February 23rd	February 24th
School Closed	Noodles with Veggie Balls in Marinara Seasoned Green Beans Daily Fruit	Cheese, Tuna or Egg Salad Sandwich Honey Glazed Carrots Fresh Fruit	Veggie Patty on Sweetish Hill Whole Wheat Bun Oven-Fried Potatoes Seasonal Green Beans & Fruit	Bean Burrito Spanish Rice Roasted Veggie Medley Daily Fruit
February 27th	February 28th	March 1	March 2	March 3
Pizza on Sweetish Hill Whole Wheat Crust w/Mozzarella & Roasted Veggie Sauce, Veggie sticks & Fruit	Chickpeas over Egg Noodles w/Carrots, peppers, cabbage and broccoli Fruit of the Day	Cheese Quesadilla On Flour Tortillas Pinto Beans Honey Glazed Carrots Daily Fruit	Pasta with Marinara Sauce Fresh Cooked Broccoli Fruit of the Day	Madras Lentils & Cauliflower Mac N' Cheese Daily Fruit
March 6	March 7	March 8	March 9	March 10
Hot Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup & Daily Fruit	Tofu Mac Fresh Cooked Broccoli Fruit of the Day	Baked Tofu Sticks or Veggie/Bean Patty w/ Oven Roasted Potatoes Cauliflower & Peas Fresh Fruit	Bean Tacos Spanish Rice Seasoned Green Beans Fruit of the Day	Hummus & Veggie Wrap Daily Fruit
<p><i>Fruit selection for the day includes one of the following based on availability:</i> Organic: Grapes Apples Peaches Strawberries Other: Banana, Pineapple (canned) Local: Honeydew Oranges Watermelon Cantaloupe</p>				