

Week 1

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Oranges or Peaches Milk	Cheese Slices English Muffin Cantaloupe Milk	Pancake Bananas Milk	Tofu Scrambled Biscuit Peaches Milk	Tofu Bacon Rice Krispies Apples Milk
Lunch	Vegetarian "Chicken" Strips Roasted Red Potatoes Wheat Roll Peas Honey Dew Milk	Grilled Cheese Tomato Soup Steamed Carrots Corn Milk	Veggie Potato nugget BBQ sauce Bread Sticks Peas Watermelon Milk	Veggie Pizza Garden salad or cucumbers & Tomatoes Green Beans Milk	Veggie Nuggets Mashed Potato Wheat Roll Broccoli Milk
Snack	Boiled Egg Wheat Roll Milk	Blueberry Muffin Apples Milk	Berry Smoothie or Yogurt Animal Crackers Milk	Cucumber Slices Hummus Wheat Cracker Milk	Pretzels w/ Mustard Cottage Cheese Milk

Week 2

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Chex Pear Milk	Scrambled Tofu Biscuits Cubed Baked Potatoes Milk	Cheerios Honey Dew Milk	Scrambled Tofu Wheat Toast Applesauce Milk	Waffles Watermelon Milk
Lunch	Vegetarian "Chicken" Strips Brown Rice Peas Honey Dew Milk	Bean and Cheese Burritos Brown Rice Corn Apples Milk	Vegetarian Sloppy Joe Wheat Bun Green Beans Banana Milk	Vegetarian Lasagna Roasted Zucchini Carrots Milk	Veggie Potato nugget Wheat Roll Sweet Potato Fries (Baked) Green Beans Milk
Snack	Whole Wheat Crackers Fresh Broccoli w/ Ranch Dip Milk	Cranberry Muffin Oranges or Pears Milk	String Cheese Wheat Crackers Milk	Sliced Cucumbers Hummus Pita Chips Milk	Bagel w/ cream cheese or wheat bread w/ soybutter Milk

Week 3

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Cantaloupe Milk	Scrambled Tofu Biscuit Oranges or Pears Milk	Tofu Bacon Cheerios Banana Milk	Scrambled Tofu English Muffin or Bread Peaches Milk	French Toast Apples Milk
Lunch	Cheese Pizza Garden Salad Apple Milk	Vegetarian "Chicken" Strips Pasta w/ Marinara & Shredded Mozzarella Corn Peas Milk	Vegetarian Loaf Roasted Red Potatos Dinner Roll Carrots Green Beans Milk	Vegetarian "Chicken" Strips Wheat Pasta w/ Cheese Sauce Cauliflower Broccoli Milk	Grilled Cheese Tomato Soup Cucumbers & Tomatoes Pears Milk
Snack	Sliced Cheese Wheat Roll Milk	Cheese Stick Wheat Pita Milk	Sliced Cheese Croissants Milk	Berry Smoothie or Yogurt Animal Cracker Milk	Blueberry Muffin Cottage Cheese Milk

Week 4

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Chex Pears Milk	Scrambled Tofu and Cheese on a Wheat Bagel or wheat bread Pineapples or Peaches Milk	Fruit Yogurt Granola or Cheerios Honey Dew Milk	Scrambled Tofu Wheat Bread Applesauce Milk	Tofu Bacon Strips Wheat Bagel or Bread & cream cheese Watermelon Milk
Lunch	Setien Fajitas Brown Rice Black Beans Corn Applesauce Milk	Cheese veggie burger French Fries Steamed Peas Cantaloupe Milk	Vegetable Noodle Soup Wheat Crackers Carrots Oranges or Peaches Milk	Veggie Nuggets Wheat Pita Lettuce & Tomato or Cucumbers & Tomato Honeydew Milk	Roasted BBQ Tofu Baked Tater Tots Breadsticks Broccoli Apples Milk
Snack	Sliced Cucumbers Ranch Dip Graham Cracker Milk	Vegetarian "Chicken" Strips Wheat Roll Milk	Cheese Stick Graham Crackers Bananas Milk	Banana Muffin Apples Milk	Sliced Cheddar Cheese Pears Milk