

Week 1

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><b>WG*</b> Cheerios</p> <p>Peaches</p> <p>Milk</p>	<p>Veggie Sausage</p> <p><b>WG*</b> Wheat English Muffin</p> <p>Cantaloupe</p> <p>Milk</p>	<p>Pancake</p> <p>Bananas</p> <p>Milk</p>	<p>Scrambled Egg</p> <p>Oranges or Peaches</p> <p>Milk</p>	<p>Veggie Sausage</p> <p>Apples</p> <p>Milk</p>
Lunch	<p>Veggie Pizza</p> <p>Garden Salad or Cucumbers &amp; Tomatoes</p> <p>Oranges or Pears</p> <p>Milk</p>	<p>Vegan Grilled Cheese WW* Bread</p> <p>Tomato Soup</p> <p>Steamed Carrots Pineapples or Pears</p> <p>Milk</p>	<p>Baked Veggie Nugget BBQ sauce</p> <p><b>WG*</b> Wheat Breadsticks</p> <p>Green Beans Watermelon</p> <p>Milk</p>	<p>Vegetarian "Chicken" Strips</p> <p><b>WG*</b> Wheat Roll</p> <p>Roasted Red Potatoes Honey Dew Melon</p> <p>Milk</p>	<p>Baked Veggie Nugget Side of Gravy</p> <p><b>WG*</b> Wheat Roll</p> <p>Mashed Potatoes Peaches</p> <p>Milk</p>
Snack	<p>Boiled Egg</p> <p>Animal Crackers</p>	<p>Blueberry Muffin</p> <p>Apples</p>	<p>Berry Smoothie or Applesauce</p> <p><b>WW*</b> Crackers</p>	<p>Cucumber Slices Hummus</p> <p><b>WW*</b> Crackers</p>	<p>Pretzels</p> <p>Cheese Sauce</p>

**\*WG - Whole Grain**

**\*WW - Whole Wheat**

Week 2

## Fisher Vegetarian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>WG*</b> Rice Chex Pears Milk	Scrambled Eggs Biscuits Peaches Milk	<b>WG*</b> Cream of Wheat Honey Dew Milk	Scrambled Eggs <b>WW*</b> Bread Watermelon Milk	Waffles Applesauce Milk
Lunch	Baked Veggie Nugget <b>WG*</b> Brown Rice Peas Honey Dew Milk	Bean and Cheese Burritos w/ <b>WW*</b> Torilla <b>WG*</b> Brown Rice Corn Apples Milk	Vegetarian Sloppy Joe <b>WW*</b> Bun Carrots Banana Milk	Vegetarian Lasagna Roasted Zucchini Oranges or Pears Milk	Vegan Grilled Cheese on <b>WW*</b> Bread Tomato Soup Cucumbers & Tomatoes Pears Milk
Snack	Cranberry Muffin Applesauce	Sliced Cucumbers Hummus <b>WG*</b> Wheat Pita Chips	String Cheese <b>WW*</b> Crackers	<b>WW*</b> Crackers Sliced Cucumbers w/ Ranch Dip	Cheese Sticks <b>WG*</b> Wheat Pita Chips

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Week 3

## Fisher Vegetaian Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><b>WG*</b> Cheerios</p> <p>Peaches</p> <p>Milk</p>	<p>Waffles</p> <p>Cantaloupe</p> <p>Milk</p>	<p><b>WG*</b> Oatmeal</p> <p>Banana</p> <p>Milk</p>	<p>Scrambled Egg</p> <p><b>WG*</b> Wheat English Muffin Or <b>WW*</b> Bread</p> <p>Oranges or Pears</p> <p>Milk</p>	<p>French Toast</p> <p>Apples</p> <p>Milk</p>
Lunch	<p>Cheese Pizza</p> <p>Garden salad or cucumbers &amp; Tomatoes</p> <p>Apples</p> <p>Milk</p>	<p>Vegan Grilled Cheese on <b>WG*</b> Wheat Pitas</p> <p>Lettuce &amp; Tomato or cucumbers &amp; Tomato</p> <p>Honeydew</p> <p>Milk</p>	<p>Vegetarian Nuggets</p> <p>Roasted Red Potatoes</p> <p><b>WG*</b> Wheat Roll</p> <p>Carrots</p> <p>Watermelon</p> <p>Milk</p>	<p>Vegetarian "Chicken" Strips</p> <p><b>WW*</b> Pasta w/ Marinara and Shredded Mozzarella</p> <p>Peas</p> <p>Peaches</p> <p>Milk</p>	<p>Red Beans &amp; <b>WG*</b> Brown Rice</p> <p>Green Beans</p> <p>Banana</p> <p>Milk</p>
Snack	<p>Bluberry Muffin</p> <p>Bananas</p>	<p>Berry Smoothie or Applesauce</p> <p>Animal Crackers</p>	<p>Crossaints</p> <p>Cheddar Cheese Slices</p>	<p>Tuna Salad</p> <p><b>WG*</b> Wheat Roll</p>	<p>Bagel w/ cream cheese or <b>WW*</b> bread w/ soybutter</p>

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Boiled Eggs  <b>WW*</b> Bread  Pears  Milk	Scrambled Eggs and Cheese w/ Bagels or <b>WW*</b> Bread Pineapples or Peaches  Milk	Yogurt w/ <b>WG*</b> Granola or <b>WG*</b> Cheerios  Honey Dew  Milk	<b>WG*</b> Rice Chex  Applesauce  Milk	Veggie Sausage Bagels or <b>WW*</b> Bread & cream cheese Watermelon  Milk
Lunch	Vegetarian "Chicken" Strips Black Beans <b>WW*</b> Tortillas <b>WG*</b> Brown Rice  Corn Applesauce  Milk	Cheese Veggie Burger <b>WW*</b> Bun  Tator Tots  Steamed Peas Cantaloupe  Milk	Vegetarian "Chicken" Strips  <b>WW*</b> Macaroni & Cheese  Broccoli Bananas  Milk	Vegetarian Chicken Salad w/ <b>WG*</b> Wheat Pitas or Chicken Noodle Soup w/ <b>WW*</b> Crakers  Carrots Oranges or Peaches  Milk	Roasted BBQ Vegetarian "Chicken" Strips <b>WG*</b> Wheat Breadsticks  Baked Tator Tots Apples  Milk
Snack	Sliced Cucumbers Ranch Dip <b>WW*</b> Crackers	Vegetarian "Chicken" Strips  <b>WG*</b> Wheat Roll	Banana Muffin  Cheese Sticks	Graham Cracker  Bananas	Sliced Cheddar Cheese  Pears

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