

VEGETARIAN	OCTOBER 2019				CCSC
MON	TUE	WED	THUR	FRI	
VEGETARIAN MENU MAIN ENTRÉE'S <i>*All meals include required components as stated on regular menus.</i>	1 Veggie Beef Patty Green Beans Rice	2 Veggie Meatball Sub Baked Beans	3 Veggie Chicken & Waffles Potato Wedges	4 Cheese Tortellini Broccoli	
7 General Tso's Veg Chicken Rice Broccoli	8 Veggie Beef on WG Bun Baked Beans	9 Caesar Salad Wrap w/cheese Baby Carrots	10 Ziti & Veggie Meatballs Green Beans	11 Cheese Pizza California Medley Potato Wedges	
14 INDIGENOUS PEOPLES' No School	15 Veggie & Bean Tamale Pie Corn	16 Inside Out Veggie Tacos (Taco Chips on the Side) Green Beans	17 Hawaiian Veggie Ckn & Coconut Rice Black Beans	18 Stir Fry Vegetarian Chunks Brown Rice Vegetable Medley	
21 Arroz con Queso w/Beans Broccoli	22 Kati Kati Veggie Chicken Brown Rice Black Beans	23 Veggie Nachos Green Beans	24 Oven Baked Veggie Chicken Potato Wedges Whole Grain Roll	25 Double Stuffed Pizza Sweet Potato Tots	
28 Cuban Black Beans & Rice Corn	29 Chickpea Curry Casserole Carrots	30 Stuffed Shells (Cheese) Broccoli	31 Honey Lime Veggie Chicken Brown Rice Southwestern Beans	Nov. 1 Veggie Chicken Drumstick Green Beans Whole Grain Roll	
	*ALL MENUS ARE SUBJECT TO CHANGE				*Complies with NSLP & SBP Regulations