

AM Snack: Graham

**Lunch:** Vegetarian

PM Snack: Chips &

& Oranges

Salsa

Crackers and Soy Butter

Burgers on Bun, Carrots

AM Snack: Cheese &

Lunch: Grilled Cheese

Broccoli Soup & Bananas

PM Snack: Pretzels with

Sandwiches, Cheddar

Crackers

Hummus



MARCH 2019

Vegetarian Menu

www.krkspringboro.com

937-748-1260

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Breakfast: Green Scrambled Eggs with Fresh Fruit AM Snack: Cheese & Crackers Lunch: Grilled Cheese, Tomato Soup & Mixed Fruit PM Snack: Pretzels with Hummus
4	5	6	7	8
Breakfast: English Muffins with Jelly & Mixed Fruit AM Snack: Cheese & Crackers Lunch: Grilled Cheese Sandwiches, Cheddar Broccoli Soup & Bananas PM Snack: Pretzels with Hummus	Breakfast: Scrambled Eggs with Cheese, Hash Browns & Bananas AM Snack: Graham Crackers and Soy Butter Lunch: Vegetarian Burgers, Carrots & Oranges PM Snack: Chips & Salsa	Breakfast: Biscuits with Jelly & Fresh Cantaloupe AM Snack: Cheese & Crackers Lunch: Vegetarian Nuggets, Broccoli & Fresh Apples PM Snack: Homemade Trail Mix	Breakfast: French Toast Sticks & Peaches AM Snack: Graham Crackers and Soy Nut Butter Lunch: Tofu, Mashed Potatoes, Corn & Fresh Pineapple PM Snack: Plain Yogurt with Bananas	Breakfast: Whole Grain Cereal with Fresh Fruit AM Snack: Cheese & Crackers Lunch: Pizza, Salad & Mixed Fruit PM Snack: Pretzels with Hummus
11	12	13	14	15
Breakfast: English Muffins with Jelly & Mixed Fruit AM Snack: Cheese & Crackers Lunch: Salad, Potato Soup & Bananas PM Snack: Pretzels with Hummus	Breakfast: Scrambled Eggs with Cheese, Hash Browns & Bananas AM Snack: Graham Crackers and Soy Butter Lunch: Cheese Quesadilla & Rice, Carrots & Oranges PM Snack: Chips & Salsa	Breakfast: Biscuits with Jelly & Fresh Cantaloupe AM Snack: Cheese & Crackers Lunch: Homemade Spaghetti with Soy Butter Sandwich, Broccoli & Fresh Apples PM Snack: Homemade Trail Mix	Breakfast: French Toast Sticks & Peaches AM Snack: Graham Crackers and Soy Nut Butter Lunch: Cheese Quesadilla with Rice, Pinto Beans & Fresh Pineapple PM Snack: Plain Yogurt with Bananas	Breakfast: Whole Grain Cereal with Fresh Fruit AM Snack: Cheese & Crackers Lunch: Cucumber, Hummus and Lettuce Wraps, Salad & Mixed Fruit PM Snack: Pretzels with Hummus
18	19	20	21	22
Breakfast: English Muffins with Jelly & Mixed Fruit AM Snack: Cheese & Crackers Lunch Cheese Quesadilla, Corn & Bananas PM Snack: Pretzels with Hummus	Breakfast: Scrambled Eggs with Cheese, Hash Browns & Bananas AM Snack: Graham Crackers and Soy Butter Lunch: Homemade Mac & Cheese, Carrots & Oranges PM Snack: Chips & Salsa	Breakfast: Biscuits with Jelly & Fresh Cantaloupe AM Snack: Cheese & Crackers Lunch: Alfredo Noodles, Broccoli & Fresh Apples PM Snack: Homemade Trail Mix	Breakfast: French Toast Sticks & Peaches AM Snack: Graham Crackers and Soy Nut Butter Lunch: Vegetarian Burger on Bun, Corn & Fresh Pineapple PM Snack: Plain Yogurt with Bananas	Breakfast: Whole Grain Cereal with Fresh Fruit AM Snack: Cheese & Crackers Lunch: Pizza, Salad & Mixed Fruit PM Snack: Pretzels with Hummus
25	26	27	28	29
Breakfast: English Muffins with Jelly & Mixed Fruit	<b>Breakfast:</b> Scrambled Eggs with Cheese, Hash Browns & Bananas	Breakfast: Biscuits with Jelly & Fresh Cantelly Change	Breakfast: French Toast Sticks & Peaches AM Snack: Graham	Breakfast: Whole Grain Cereal with Fresh Fruit

AM Snack: Cheese &

Lunch: Tofu, Mashed

Potatoes, Corn & Fresh

PM Snack: Homemade

Crackers

Apples

Trail Mix

Crackers and Soy Nut

Nuggets, Corn & Fresh

PM Snack: Plain Yogurt

Lunch: Vegetarian

Butter

Pineapple

with Banana

AM Snack: Cheese &

Cheese, Tomato Soup

PM Snack: Pretzels

Crackers

Lunch: Grilled

& Mixed Fruit

with Hummus