



## June Vegetarian 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Grilled Cheese Sandwich	Quinoa w/ Mushroom	Cheese Enchiladas	Veggie Wrap	Baked Lentils
Broccoli Salad	Mashed Potatoes w/ Gravy	Shredded lettuce & tomato	Mashed Potatoes w/ gravy	w/ Mushroom Gravy
Cooked Carrots	Green Beans	Mexican Rice	Cesar Salad	Brussel Sprouts
Mixed Melon	Mixed Fruit	Mixed Fruit	Watermelon	Cantelope
Milk	Milk	Milk	Milk	Milk
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Veggie Fajitas w/ Bell Pepper, Tomato & Onion	Veggie Chow Mein w/ Peas, Broccoli, Carrot,	Veggie Wrap w/ Flour Tortilla	Cheese Quesadilla Shredded Lettuce & Tomatoes	Meatless Spaghetti Corn Casserole
Refried Beans	Spinach Salad w/ Cheese	California Blend Vegetables	Refried Beans	Green salad
Mandarin	Mixed Fruit	Mixed Fruit	Mixed Fruit	Garlic Bread
Milk	Milk	Milk	Milk	Grapes
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Mongolian Broccoli w/ Sauteed Broccoli & Green/Red Pepper	Hawaiian BBQ Crispy Tofu Macaroni Salad	Veggie Wrap Mexican Rice	Veggie Sandwich w/ Lettuce, Tomato & Onion	Coconut Curry Chickpeas Jasmine Rice
Cooked Carrots	Cucumber Salad	Pinto Beans	French Fries	Sauteed Mixed Veggies
White Rice	Sliced Peaches	Pineapple	Green Beans	Mixed Fruit
Mandarin	Milk	Milk	Apples	Milk
Milk			Milk	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Baked Lentils & Beans	Bean & Cheese Burrito	Veggie Fried Rice	Cheese Pizza	Cheese Pupas
Mashed Potatoes w/ Gravy	Lettuce, Tomato & Sour Cream	w/ Red Peppers & Peas	Caesar Salad	Cabbage Salad
Corn	Yellow Rice	Broccoli Salad	Mixed Fruit	Refried Beans
Mixed Fruit	Watermelon	Mixed Fruit	Milk	Pineapple
Milk	Milk	Milk		Milk
<b>29</b>	<b>30</b>			
Veggie Wrap	Potato & Bean Chile Verde			
Mashed Sweet Potatoes	Spanish Rice			
Steamed Collard Greens	Zucchini, Corn & Tomato Salad			
Banana	Pineapple			
Milk	Milk			



PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS \* Peanuts \* Tree Nuts \* Seafood \* Shellfish \* Soy \* Eggs \* Milk \* Wheat \* Sesame.

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