

October Vegetarian 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheese Enchiladas Shredded Lettuce & Tomato Mexican Rice Mixed Fruit Milk	Baked Tofu Mashed Potatoes w/ Gravy Corn Mixed Fruit Milk
5	6	7	8	9
Baked Lentils w/ Mushroom Gravy Brussel Sprouts Canteloupe Milk	Veggie a la Crema w/ Red Peppers & Cooked Spinach White Rice Mixed Fruit Milk	Quinoa w/ Mushroom Mashed Potatoes w/ Gravy Green Beans Melon Milk		Tomato Braised Tofu Brown Rice Steamed Collard Greens Mixed Fruit Milk
12	13	14	15	16
Vegetable Fried Rice w/ Red Peppers & Carrots Broccoli Salad Mixed Fruit Milk	Black Bean Street Tacos w/ Cilantro & Onion Mexican Rice Corn Pineapple Milk	Vegetable Lo Mein w/ Bell Pepper, Onion, Cabbage, Carrot Sautéed Broccoli Apples Milk	Veggie Wrap French Fries Coleslaw Apples Milk	Black Bean Burrito Lettuce, Tomato & Sour Cream Yellow Rice Watermelon Milk
19	20	21	22	23
Cheesy Nachos w/ Tortilla Chips, Lettuce, Tomato & Cheese Sauce Corn Mixed Fruit Milk	Meatless Spaghetti Caesar Salad Garlic Bread Grapes Milk	Veggie Wrap Mashed Sweet Potatoes Steamed Collard Greens Banana Milk	Baked Lentils Mashed Potatoes w/ Gravy Corn Casserole Ambrosia Salad Milk	Cheese Pupusas Cabbage Salad Refried Beans Pineapple Milk
26	27	28	29	30
Veggie Wrap w/ Flour Tortilla California Blend Vegetables Mixed Fruit Milk	Cheese Pizza Caesar Salad Mixed Fruit Milk	Beef Stir Fry w/ Bell Peppers, Carrots & Zucchini White Rice Mandarin Milk	Black Bean Tostada w/ Cilantro & Onion Mexican Rice Zucchini, Corn & Tomato Salad Pineapple Milk	Baked Quinoa & Lentils Mashed Potatoes w/ White Gravy Green Beans Apples Milk

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

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