



NUTRITION INFORMATION

VEGETARIAN MENU

Penne Pasta with Plant-Based Sausage
Marinara Sauce, Broccoli, and Carrots,
Mandarin Oranges, Milk

517 Calories, 11g Fat, 12g Fiber, 459mg Calcium,
910mg Sodium, 80g Carbohydrates

Cheese Omelet with Salsa and Red Skinned
Potatoes, Cereal, Mixed Fruit, Milk

647 Calories, 25g Fat, 9g Fiber, 493mg Calcium,
773mg Sodium, 76g Carbohydrates

BBQ Jackfruit with Wheat Bun, Green Peas,
and Brussel Sprouts with Onions, Tropical
Fruit, Milk

529 Calories, 9g Fat, 14g Fiber, 365mg Calcium,
676mg Sodium, 95g Carbohydrates

Spaghetti with Tomato Sauce, Vegetarian
Meatballs, Broccoli, and Carrots,
Applesauce, Milk

573 Calories, 15g Fat, 11g Fiber, 433mg Calcium,
676mg Sodium, 83g Carbohydrates

Vegetarian Burger with Wheat Bun,
Scalloped Potatoes, and Festive Green
Beans, Pineapple Bits, Milk

585 Calories, 16g Fat, 13g Fiber, 525mg Calcium,
969mg Sodium, 78g Carbohydrates

Vegetable Lasagna, Carrots, and Lima Beans,
Mangos, Milk

730 Calories, 17g Fat, 14g Fiber, 606mg Calcium,
661mg Sodium, 107g Carbohydrates

Plant-Based Chicken & Broccoli Casserole
with Capri Vegetables, Wheat Bread,
Peaches, Milk

495 Calories, 12g Fat, 10g Fiber, 525mg Calcium,
871mg Sodium, 69g Carbohydrates

Vegetable Chili (New Recipe) with Turnip
Greens and Roasted Sweet Potatoes,
Cornbread, Strawberry Applesauce, Milk

737 Calories, 22g Fat, 15g Fiber, 708mg Calcium,
766mg Sodium, 109g Carbohydrates

Lentil Soup with Sliced Apples, Cornbread,
Milk

677 Calories, 23g Fat, 15g Fiber, 393mg Calcium,
494mg Sodium, 95g Carbohydrates

Stir Fry with Plant-Based Strips and Brown
Rice, Diced Pears, Milk

572 Calories, 10g Fat, 7g Fiber, 337mg Calcium,
879mg Sodium, 89g Carbohydrates