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TMS VEGGIE MENU AUGUST 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATIVE CHOICES -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese -Chicken Caesar Salad or plain	Please contact us for your child special requirements or submit changes to: mysprout2016@gmail.com (MUST receive 24 hours prior to service date)		1	2 Summer Vacation
5 Summer Vacations	6 Summer Vacation	7 Summer Vacation	8 Summer Vacation	9 Summer Vacation
12 Summer Vacation	13 Summer Vacation	14 Summer Vacation	15 Lentil Falafel Homemade chips Fruit	16 Mandelstam Pizza Day
19 Veggie Burger Lettuce and Tomato Tater Tots Mini Brownie	20 Cheese Quesadilla Chips and Pico de gallo Vanilla Yogurt	21 Spaghetti Pomodoro (Garlic Bread Chocolate pudding	22 Tofu Teriyaki Basmati Rice Fresh Fruit	23 Mandelstam Pizza Day
26 Vegetarian Wrap Pita Chips Apple Sauce	27 Mac and Cheese Caesar Salad Mini Brownie	28 Breakfast for lunch: Waffle Boil egg Bagel with cream cheese Fresh Fruit	29 Black beans White rice Tomato Jell-O	30 Mandelstam Pizza Day