




# The Chastain School

## February 2012 Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Soft Bean Tacos Cheddar Cheese Sprinkles Lettuce Ribbons* Whole Kernel Corn Pineapple and Melon Salad *No Substitute Needed	<b>2</b> Cheesy Tofu and Rice Whole Wheat Cracker Scoops Garden Green Peas Citrus Smiles	<b>3</b> All American Gardenburger on a Soft Bun Sliced Yellow Cheese Baby Carrots with Ranch Dip* Cinnamon Apples  *Glazed Carrots
<b>6</b> Creamy Alfredo Pasta Bread Rounds Brushed with Parmesan and Olive Oil Steamed Green Peas Diced Peaches	<b>7</b> <b>Breakfast for Lunch!!</b> Fluffy Buttermilk Pancakes Vegetarian Sausage Cinnamon Applesauce Citrus Smiles	<b>8</b> Vegetarian Patty Sandwich with BBQ Sauce Creamy Mashed Potatoes Glazed Carrots Mixed Up Fruit Cup	<b>9</b> Whole Wheat Roasted Vegetable Spaghetti Mozzarella Cheese Shreds Soft Breadstick Fresh Cut Green Beans Vanilla Pears	<b>10</b> Oven Roasted Veggie Nuggets with Honey Mustard Sauce Creamy Shells and Cheese Veggie Jumble Pineapple and Melon Salad
<b>13</b> Oven Roasted Eggplant Patty Lemon Scented Sunshine Rice Diced Carrots Mandarin Oranges and Pineapple Tidbits	<b>14</b> Ranch Hand Bean Macaroni Cheese Sprinkles Herby Green Beans Bartlett Pear Applesauce Sweetheart Sugar Cookie	<b>15</b> <b>Pizza Day!!</b> Whole Wheat Cheese Pizza Celery Sticks with Ranch Dip* Blushing Peaches Graham Cracker  *Garden Vegetable Medley	<b>16</b> Soft Bean Tacos Cheddar Cheese Sprinkles Lettuce Ribbons* Whole Kernel Corn Tropical Fruit  *No Substitute Needed	<b>17</b> Italian Vegetarian Sub on a Soft Pup Roll Deli Cheese Slices Young Green Peas Cinnamon Apples
<b>20</b> Creamy Tofu Tetrazzini Buttery Bread Rounds Good for You Green Beans Vanilla Pears	<b>21</b> Oven Roasted Veggie Nuggets Seashells and Cheese Diced Carrots Mixed Up Fruit Cup	<b>22</b> Whole Wheat Roasted Vegetable Ziti Mozzarella Cheese Shreds Garlic Breadsticks Salad with Italian Dressing* Peach, Pear and Apple Medley  *Green Peas	<b>23</b> Veggie Patty Sandwich with Honey Mustard Sauce Creamy Mashed Potatoes Steamed Yellow Corn Strawberry Applesauce	<b>24</b> Cheesy Tofu and Rice Whole Wheat Cracker Scoops Garden Vegetable Medley Citrus Smiles
<b>27</b> Vegetarian Egg Rolls Fluffy Rice Clouds Garden Green Peas Mandarin Oranges and Pineapple Tidbits	<b>28</b> Whole Wheat Roasted Vegetable Spaghetti Mozzarella Cheese Shreds Soft Breadstick Fresh Cut Green Beans Mixed Up Fruit Cup	<b>29</b> <b>Breakfast for Lunch!!</b> Fluffy Buttermilk Pancakes Vegetarian Sausage Cinnamon Applesauce Citrus Smiles		 <b>770-421-9550</b> <a href="http://www.ChefAdvantage.com">www.ChefAdvantage.com</a>

\*2oz Steamed Vegetable Substitute for Toddler

\*\*Milk Served with Lunch Daily