



June 2023 MVES/SCES Vegetarian HDM Menu

Totals Include 125mg Na+ for 8oz of milk served daily

Monday		Tuesday		Wednesday		Thursday		Friday						
						1	Veggie Sausage w/ Peppers & Onions Roasted Potatoes Carrots Whole Grain Cornbread Fruit Margarine	NA+ 503 120 30 180 0 30	2	Teriyaki Tofu White Rice Broccoli Wheat Roll Cinnamon Pineapple Margarine	NA+ 595 25 6 135 10 30			
							Cal:702 CHO:95g Na:988mg	988		Cal:669 CHO:96g Na:926mg	926			
5	Vegetarian Carbonara w/ Parmesan Whole Grain Pasta Green Peas Wheat Bread Shortbread Cookie Margarine	NA+ 265 0 6 135 150 30	6	Stewed Tomatoes & Garbanzo Beans White Rice California Blend Vegetables Wheat Roll Chocolate Pudding Margarine	NA+ 278 25 46 135 135 30	7	Vegetarian Shepherd's Pie Mashed Potatoes Tuscan Blend Vegetables Wheat Roll Fruit Margarine	NA+ 466 113 31 135 0 30	8	Meal Served Cold Abruzzi Tortellini Pasta Salad w/ Chickpeas Broccoli Salad Wheat Bread Ambrosia Fruit Salad Margarine	NA+ 339 122 170 135 1 30	9	Herb Crusted Tofu Roasted Potatoes Carrots Wheat Bread Fruit Margarine	NA+ 178 120 30 135 0 30
	Cal:676 CHO:72g Na:711mg	711		Cal:652 CHO:99g Na:774mg	774		Cal:743 CHO:96g Na:900mg	900		Cal:740 CHO:95g Na:922mg	922		Cal:710 CHO:104g Na:618mg	618
12	Tuscan Veggie Fritters Orzo Green Beans w/Peppers Cornbread Fruit Margarine	NA+ 337 2 6 180 0 30	13	Vegetarian Chik'n Bites Sweet Potato Wedges Mixed Vegetables Wheat Roll Vanilla Pudding Margarine	NA+ 460 200 25 135 130 30	14	BBQ Tofu Mac & Cheese Carrots Cornbread Loaf Fruit Margarine	NA+ 373 323 30 180 0 30	15	Veggie Sausage Cacciatore Bowtie Pasta Broccoli Wheat Roll Fruit Margarine	NA+ 496 0 6 135 0 30	16	Sweet Corn Fritter Black Eyed Peas Collards, Corn & Peppers Cornbread Loaf Oatmeal Cookie Margarine	NA+ 207 164 35 180 105 30
	Cal:820 CHO:120g Na:680mg	680		Cal:777 CHO:105g Na:1105mg	1105		Cal:946 CHO:115g Na:1061mg	1061		Cal:675 CHO:82g Na:792mg	792		Cal:794 CHO:88g Na:846mg	846
19	Holiday - No Meals		20	Unstuffed Pepper Bowl w/ Lentils White Rice Vegetable Medley Hawaiian Roll Fruit Margarine	NA+ 402 25 24 80 0 30	21	BBQ Chickpeas Mashed Potatoes Corn w/ Peppers Wheat Roll Chocolate Pudding Margarine	NA+ 443 113 6 135 135 30	22	High Sodium Meal Veggie Burger Baked Beans Carrots Wheat Hamburger Bun Fruit Margarine Ketchup	NA+ 570 140 30 300 0 30 85	23	Meal Served Cold Greek Pasta Salad w/ Chickpeas, Tomatoes, Olives & Feta Cucumber Salad Wheat Roll Banana Pudding Margarine	NA+ 503 - 2 135 121 30
				Cal:760 CHO:99g Na:686mg	686		Cal:680 CHO:105g Na:987mg	987		Cal:753 CHO:130g Na:1280mg	1280		Cal:757 CHO:99g Na:916mg	916
26	Roasted Tofu w/ Gravy Sweet Potatoes California Blend Vegetables Whole Grain Cornbread Fruit Margarine	NA+ 136 37 46 180 0 30	27	Veggie Sausage w/ Mushroom Cream Sauce Rice Pilaf Green Beans w/ Peppers Wheat Roll Vanilla Pudding Margarine	NA+ 510 55 6 135 130 30	28	White Bean Florentine Orzo Tuscan Blend Vegetables Cornbread Fruit Margarine	NA+ 452 2 31 180 0 30	29	Vegetarian Meatballs & Marinara w/ Parm Whole Grain Pasta Broccoli Wheat Roll Strawberry Loaf Cake Margarine	NA+ 617 0 6 135 100 30	30	Rosemary Garlic White Beans Scalloped Potatoes Kale & Peppers Whole Grain Cornbread Fruit Margarine	NA+ 452 304 14 180 0 30
	Cal:718 CHO:97g Na:554mg	554		Cal:782 CHO:91g Na:991mg	991		Cal:756 CHO:115g Na:820mg	820		Cal:675 CHO:83g Na:1013mg	1013		Cal:970 CHO:123g Na:1105mg	1105