

Summer Vegetarian Cold 2022

SodexoMAGIC – DC Department of Parks & Recreation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>Entrée</p> <p>Deli Stackable Bento Box (Whole Grain Flatbread, Rice Krispies Treats, American Cheese)</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Carrot Sticks • Diced Fresh Cantaloupe 	<p>Entrée</p> <p>Garden Wrap</p> <p>Sides:</p> <ul style="list-style-type: none"> • Chilled Peas • Fresh Apple Slices 	<p>Entrée</p> <p>Egg Salad Sandwich</p> <p>Sides:</p> <ul style="list-style-type: none"> • Curried Chickpeas • Broccoli • Mixed Fruit Cup 	<p>Entrée</p> <p>Greek Salad served w/ Whole Grain tortilla chips^v</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Zucchini • Fresh Banana 	<p>Entrée</p> <p>Sunbutter & Jelly Sandwich^{VE}</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Baby Carrots • Garden Side Salad • 100% Orange Juice
WEEK 2	<p>Entrée</p> <p>Mini Flatbread Pizza Bento Box (Whole Grain Flatbread, Shredded Cheese, Spaghetti Sauce)</p> <p>Sides:</p> <ul style="list-style-type: none"> • Cucumber Slices • Fresh Orange Slices 	<p>Entrée</p> <p>Mediterranean Hummus Wrap</p> <p>Sides:</p> <ul style="list-style-type: none"> • Black Bean Confetti Salad • Diced Pears 	<p>Entrée</p> <p>Veggie Tortellini Pasta Salad^v</p> <p>Sides:</p> <ul style="list-style-type: none"> • Romaine Side Salad • Fresh Cherry Tomatoes • 100% Grape Juice 	<p>Entrée</p> <p>Lift-Off's Spinach Salad served w/ Honey Corn Biscuit</p> <p>Sides:</p> <ul style="list-style-type: none"> • Basil Corn Salad • Fresh Apple Slices 	<p>Entrée</p> <p>Black Bean Macaroni Salad served w/ Whole Grain Tortilla Chips</p> <p>Sides:</p> <ul style="list-style-type: none"> • Broccoli Lime Salad • Fresh Baby Carrots • Fresh Strawberries
WEEK 3	<p>Entrée</p> <p>Pinwheel Bento Box (American Cheese & White Grain Tortilla Wrap)</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Broccoli • Diced Peaches 	<p>Entrée</p> <p>Garden Wrap</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Baby Carrots • Roasted Chickpeas • Fresh Banana 	<p>Entrée</p> <p>Sunbutter & Jelly Sandwich^{VE}</p> <p>Sides:</p> <ul style="list-style-type: none"> • Red Pepper Strips • Fresh Honeydew Melon 	<p>Entrée</p> <p>Hearty Garden Salad^v served w/ Tortilla Chips</p> <p>Sides:</p> <ul style="list-style-type: none"> • Tomato, Corn, & Basil Salad • Fresh Orange Slices 	<p>Entrée</p> <p>Egg Salad Sandwich^v</p> <p>Sides:</p> <ul style="list-style-type: none"> • Three Bean Salad • Fresh Celery Sticks • 100% Apple Juice
WEEK 4	<p>Entrée</p> <p>Hummus Bento Box^v (Whole Grain Flat Bread, Fresh Celery sticks & Baby Carrots, Hummus)</p> <p>Sides:</p> <ul style="list-style-type: none"> • Fresh Baby Carrots • Diced Pears 	<p>Entrée</p> <p>Southwest Vegan Wrap</p> <p>Sides:</p> <ul style="list-style-type: none"> • Blue Ribbon Slaw • Fresh Apple Slices 	<p>Entrée</p> <p>Veggie Lo Mein^v</p> <p>Sides:</p> <ul style="list-style-type: none"> • Red Pepper Strips • Edamame (soybeans) • 100% Grape Juice 	<p>Entrée</p> <p>Garden Salad served w/ Honey Corn Biscuit</p> <p>Sides:</p> <ul style="list-style-type: none"> • Aztec Corn • Pineapple Tidbits 	<p>Entrée</p> <p>Sunbutter & Jelly Sandwich^{VE}</p> <p>Sides:</p> <ul style="list-style-type: none"> • Super Salad • Green Pepper Strips • Mandarin Oranges

Choose a Milk

Nonfat White or Chocolate Milk

*Lite Ranch Dressing served with salads and fresh vegetables

Age-Appropriate fruit will be served to those under 5 years old

^v - Indicates Vegetarian ^{VE} - Indicates Vegan



This Institution is An Equal Opportunity Provider