

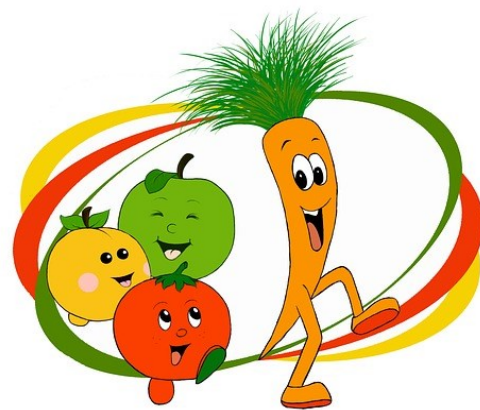
Managing a Vegetarian Diet at School

What is a vegetarian diet?

Eating a vegetarian diet covers a wide spectrum. A vegetarian diet is a diet free of meat, fish and fowl flesh. There are different types of vegetarians that range from lacto-ovo to lacto-vegetarian to vegans. Some of these versions have stricter restrictions on what animal products they omit from their diet.

For special diet modifications, please visit:

[Allergy and Special Nutrition Needs](#)



Lunch Options

Cheese-stuffed Breadsticks w/Marinara Sauce
Cheesy Garlic French Bread Pizza w/Marinara Sauce
Cheese Pizza
Veggie Pizza
Cheese Pizza Pack
Cheese Nachos
Black Beans Nachos (available with or without cheese)
Refried Beans Nachos (available with or without cheese)
French Toast Sticks w/Cheese Omelet
Pasta w/Marinara Sauce
Lentil Pasta
Alfredo Pasta
Grilled Cheese Sandwich
Peanut Butter and Jelly Sandwich
Egg Salad Sandwich
Hummus w/Flatbread & Veggies
Yogurt w/Animal Crackers or Scooby Grahams
Macaroni and Cheese
Black Bean Burger
Three Bean Chili
Four Cheese Tortellini
Cheese & Pretzel Bento Boc
Vegetarian Caesar Salad
Taco Salad w/Black Beans
Chef Salad w/Boiled Egg
Made to Order Salads (HS only)
Made to Order Subs, Flatbreads and Wraps (HS only)

Includes choice of fresh fruit, vegetables, 100% juice and 8 oz. milk.

Check out our website for additional
A la Carte options

[Menus—Nutritional Information](#)

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Breakfast Options

Yogurt w/Crackers
Cereal Choice
Buttermilk Biscuit
Maple Glazed French Toast Sticks w/syrup
Scrambled Eggs w/ Biscuit
Three Cheese Egg Bites
PopTart w/Cheese Stick
Fresh Baked Cinnamon Roll
Belgian Waffle w/Cheese Stick
Mini Pancakes—strawberry, maple, blueberry
Smoothie w/Blueberry Muffin Top
PB&J Uncrustables
Oatmeal Rounds - apple cinnamon, banana chocolate chip
Goldfish crackers
Cereal Bars/Granola Bars
Grits
Cinnamon Poppers (MS/HS)
Includes choice of fresh fruit, 100% juice and 8 oz. milk.

Side Choices

Veggie Dippers
Crinkle Cut Sweet Potato Fries
Seasoned Black Beans
Cheesy Refried Beans
Garden Side Salad
Crispy Tater Tots
Caesar Side Salad
Baby Carrots w/Dip
Seasoned Green Beans
BBQ Baked Beans
Hot Vegetables*

**our hot vegetables are made with vegetable base and/or margarine, free from animal products*