

# vegetarian menu

Try these delicious options  now available in all our schools

**H**ere in Appoquinimink, we understand the importance of creating healthy habits. Using careful menu planning and analysis, we provide tasty meal choices designed to meet the diverse cultural, religious and social preferences of our students and staff. Menus emphasize whole grains, fruits, vegetables, and low-fat dairy. We bake, not fry, our foods; restrict sugar and fat; and check carefully to be sure that each meal provides one third the recommended daily allowance of vitamins, minerals, proteins and fats young bodies need to thrive.

Last fall, in response to a growing interest in vegetarian-based options, our school nutrition professionals began testing recipes. After researching dozens of kid-friendly options for their taste, texture, appearance and nutritional value, we are now ready to introduce five delicious vegetarian meals that will be offered on a set basis throughout the week, complementing the healthy entrees already available in our schools. **We feel the meals have universal appeal and hope you'll encourage your student to try them out!**

Grades K-5 \$1.50; \$ 0.40 Reduced

Grades 6-12: \$1.75; \$0.40 Reduced

Adults: \$3.00

## vegetarian chili is on monday's menu



A savory combination of kidney beans, tomatoes, green peppers and onions with chili powder and other seasonings. Bulgar and lowfat plain yogurt add the final touch to this tasty, meat-free entree.

## tuesday is vegetarian quesadilla

A warm and tasty mixture of green peppers, onions, tomatoes, corn and black beans topped off with melted cheese & seasonings between two crunchy tortilla shells.



## fiesta salad is wednesday's feature



A colorful and crispy blend of black beans, sweet yellow corn, green & red peppers, celery and onions, tossed with lemon juice, olive oil and garlic. Served with a side of cheese and baked tortilla chips.

## thursday brings a vegetarian wrap

We have it all wrapped up - raw green peppers, onions, carrots, cucumbers and cheddar cheese complimented with lowfat ranch dressing and cheddar cheese OR try our hummus, black bean, cheese & fresh veggie wrap.



## the bagel sandwich is a friday favorite



A delightful blend of green apple, honey and cheddar cheese on a whole wheat bagel. Sure to please any palate.



Appoquinimink School District