



# Covid Meal Box-Vegetarian

November 30th will be included with Week 1 in December .

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast: <b>2</b> Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Week 1</p>	<p>Breakfast: <b>3</b> String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: <b>4</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies</p>	<p>Breakfast: <b>5</b> Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: <b>6</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p>
<p>Breakfast: <b>9</b> Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and Salad Kit</p> <p>Week 2</p>	<p>Breakfast: <b>10</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>11</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V, GF, DF) Egg Fried Rice, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>12</b> Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>13</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and Salad Kit</p>
<p>Breakfast: <b>16</b> Honey Scooters 2oz, fresh fruit</p> <p>Lunch:  Cheesy Quesadilla, fresh fruit, and veggies</p> <p>Week 3</p>	<p>Breakfast: <b>17</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p>	<p>Breakfast: <b>18</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p>	<p>Breakfast: <b>19</b> Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V, DF) Teriyaki Black Bean &amp; Rice, fresh fruit, and veggies</p>	<p>Breakfast: <b>20</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p>
<p>Breakfast: <b>23</b> Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V, DF) Hearty Spaghetti, Whole Wheat Roll, fresh fruit, and Salad Kit</p> <p>Week 4</p>	<p>Breakfast: <b>24</b> String Cheese, WG Muffin, fresh fruit</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>25</b> Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit</p> <p>Lunch: (V) Cheesy Beans &amp; Rice, WG Chip, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>26</b> Honey Graham Toasters 2oz, fresh fruit</p> <p>Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and Salad Kit</p>	<p>Breakfast: <b>27</b> WG Muffin, String Cheese, fresh fruit</p> <p>Lunch: (V, GF, DF) Hearty Chili, Frito Chip 2 oz Packs, fresh fruit, and Salad Kit</p>
<p>Breakfast: <b>30</b> Honey Scooters 2oz, fresh fruit</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, veggies</p>				

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND ALL MEALS ARE SERVED WITH A VARIETY OF MILK

Covid Meal Box is an equal opportunity provider.