

# TCW Food Services

# February

## Vegetarian Menu for Children Ages 1-13

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>All portions are based on age levels governed by the RI &amp; MA Food Programs. We always offer each student more than the minimum required.</p> <p>Whole Grains are always served.</p> <p>All meals are served w/fresh fruit and milk.</p> <p>Allergens: Items that contain dairy and eggs are marked.            ^ = Contains Eggs            * = Contains Dairy</p>					Italian Wedding Soup Spinach, WG Pasta, Carrots, Beans, Veggie Crumble^ <b>WG Bread Sticks</b> Pears
	4	5	6	7	8
	Roasted Cutlets Roasted Sweet Potatoes WG Rye Bread Oranges	Veggie Meatballs^ w/ Sauce Broccoli WG Torpedo Rolls Pears	WG Mac & Cheese* Diced Carrots Apples	Veggie Patty Pesto Green Beans WG Hamb. Rolls Oranges	Garden Burger Mashed Potatoes * WG Dinner Rolls Pears
	11	12	13	14	15
	Chopped Veggie Cutlets^ Cauliflower WG Dinner Rolls Oranges	Veggie Nuggets Corn WG Oatmeal Bread Pears	Shepard's Pie Veggie Crumble, Corn and Mashed Potatoes WG Rye Bread Apples	Cheese Manicotti** w/ Sauce Green Beans Oranges	Swedish Veggie Meatballs** w/ Noodles Peas Pears
	18	19	20	21	22
	TCW Schools Closed in Observance of President's Day!	Veggie Nuggets Wax Beans WG Pumpnickle Pears	Veggie Meatsauce w/ WG Pasta and Veg. Crumble Sweet Peas Apples	Veggie Strips w/ Gravy Au Gratin Potatoes* WG Wheat Bread Oranges	Bean & Barley Soup Squash, Potatoes, Beans, Celery & Onions WG Wheat Bread Pears
	25	26	27	28	
Veggie Meatballs^ w/ Sauce Sliced Carrots WG Torpedo Rolls Oranges	Veggie Cutlet Strips w/ Dominican Rice Roasted Potatoes Pears	Garden Burgers Sweet Potatoes WG Dinner Rolls Apples	Shepard's Pie Veggie Crumble, Corn and Mashed Potatoes WG Rye Bread Oranges		

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