

## VEGETARIAN MENU & NUTRITION ANALYSIS

<b>Penne Pasta w/Plant-Based Sausage Marinara Sauce, Broccoli, and Carrots</b> <b>Mandarin Oranges</b> <b>Milk</b>	<b>Cheese Omelet w/Salsa and Red Skinned Potatoes</b> <b>Cereal</b> <b>Mixed Fruit</b> <b>Milk</b>	<b>BBQ Jackfruit w/Wheat Bun, Green Peas, and Brussel Sprouts</b> <b>w/Onions</b> <b>Tropical Fruit</b> <b>Milk</b>	<b>Spaghetti w/ Tomato Sauce, Vegetarian Meatballs, Broccoli, and Carrots</b> <b>Mandarin Oranges</b> <b>Milk</b>	<b>Vegetarian Burger w/ Wheat Bun, Scalloped Potatoes, and Festive Green Beans</b> <b>Pineapple Bits</b> <b>Milk</b>
<b>Vegetable Lasagna, Carrots, and Lima Beans</b> <b>Diced Peaches</b> <b>Milk</b>	<b>Plant-Based Chicken &amp; Broccoli Casserole, Capri Vegetables</b> <b>Wheat Bread</b> <b>Strawberry Applesauce</b> <b>Milk</b>	<b>Vegetable Chili (New Recipe)</b> <b>Turnip Greens and Roasted Sweet Potatoes</b> <b>Cornbread</b> <b>Diced Mangos</b> <b>Milk</b>	<b>Lentil Soup w/Sliced Apples</b> <b>Cornbread</b> <b>Milk</b>	<b>Stir Fry w/ Plant-Based Strips and Brown Rice</b> <b>Diced Pears</b> <b>Milk</b>
<b>Penne Pasta</b>  <b>517 Calories</b> <b>11g Fat</b> <b>12g Fiber</b> <b>459mg Calcium</b> <b>910mg Sodium</b> <b>80g Carbohydrates</b>	<b>Cheese Omelet</b>  <b>647 Calories</b> <b>25g Fat</b> <b>9g Fiber</b> <b>493mg Calcium</b> <b>773mg Sodium</b> <b>76g Carbohydrates</b>	<b>BBQ Jackfruit</b>  <b>529 Calories</b> <b>9g Fat</b> <b>14g Fiber</b> <b>365mg Calcium</b> <b>676mg Sodium</b> <b>95g Carbohydrates</b>	<b>Spaghetti</b>  <b>573 Calories</b> <b>15g Fat</b> <b>11g Fiber</b> <b>433mg Calcium</b> <b>676mg Sodium</b> <b>83g Carbohydrates</b>	<b>Vegetarian Burger</b>  <b>585 Calories</b> <b>16g Fat</b> <b>13g Fiber</b> <b>525mg Calcium</b> <b>969mg Sodium</b> <b>78g Carbohydrates</b>
<b>Vegetable Lasagna</b>  <b>730 Calories</b> <b>17g Fat</b> <b>14g Fiber</b> <b>606mg Calcium</b> <b>661mg Sodium</b> <b>107g Carbohydrates</b>	<b>Casserole</b>  <b>495 Calories</b> <b>12g Fat</b> <b>10g Fiber</b> <b>525mg Calcium</b> <b>871mg Sodium</b> <b>69g Carbohydrates</b>	<b>Vegetable Chili</b>  <b>737 Calories</b> <b>22g Fat</b> <b>15g Fiber</b> <b>708mg Calcium</b> <b>766mg Sodium</b> <b>109g Carbohydrates</b>	<b>Lentil Soup</b>  <b>677 Calories</b> <b>23g Fat</b> <b>15g Fiber</b> <b>393 mg Calcium</b> <b>494 mg Sodium</b> <b>95g Carbohydrates</b>	<b>Stir Fry</b>  <b>572 Calories</b> <b>10g Fat</b> <b>7g Fiber</b> <b>337mg Calcium</b> <b>879mg Sodium</b> <b>89g Carbohydrates</b>