



CHOICE
KITCHEN

Name: _____ Date: _____

Choice Kitchen Vegetarian Menu

Place your meal counts in the box.

Code	Name & Description	Meal Count	Side Selection
3004	Cheese Omelet with Salsa and Roasted Potatoes, Choose 1 Grain, Choose 1 Fruit, Milk   647 Calories, 25g Fat, 9g Fiber, 493mg Calcium, 773mg Sodium, 76g Carbohydrates		
5001	Penne Pasta with Plant-Based Sausage in Marinara Sauce, Broccoli, and Carrots, Choose 1 Fruit, Milk    517 Calories, 11g Fat, 12g Fiber, 459mg Calcium, 910mg Sodium, 80g Carbohydrates		
5003	BBQ Jackfruit with Wheat Bun, Green Peas, and Brussel Sprouts with Onions, Choose 1 Fruit, Milk 529 Calories, 9g Fat, 14g Fiber, 365mg Calcium, 676mg Sodium, 95g Carbohydrates		
5004	Spaghetti w/Tomato Sauce and Vegetarian Meatballs w/ Parmesan Cheese, Broccoli, and Carrots, Choose 1 Fruit, Milk    573 Calories, 15g Fat, 11g Fiber, 433mg Calcium, 676mg Sodium, 83g Carbohydrates		
5005	Vegetarian Burger with Wheat Bun, Scalloped Potatoes, and Festive Green Beans, Choose 1 Fruit, Milk    585 Calories, 16g Fat, 13g Fiber, 525mg Calcium, 969mg Sodium, 78g Carbohydrates		
5006	Vegetable Lasagna, Carrots, and Lima Beans, Choose 1 Fruit, Milk    730 Calories, 17g Fat, 14g Fiber, 606mg Calcium, 661mg Sodium, 107g Carbohydrates		
5007	Plant-Based Chicken & Broccoli Casserole with Capri Vegetables, Choose 1 Fruit, Milk    495 Calories, 12g Fat, 10g Fiber, 525mg Calcium, 871mg Sodium, 69g Carbohydrates		
5008	Vegetable Chili, Turnip Greens and Roasted Sweet Potatoes, Choose 1 Grain, Choose 1 Fruit, Milk  737 Calories, 22g Fat, 15g Fiber, 708mg Calcium, 766mg Sodium, 109g Carbohydrates		
5009	Lentil Soup with Sliced Apples, Choose 1 Grain, Milk  677 Calories, 23g Fat, 15g Fiber, 393mg Calcium, 494mg Sodium, 95g Carbohydrates		
5010	Stir Fry with Plant-Based Strips and Brown Rice, Choose 1 Fruit, Milk      572 Calories, 10g Fat, 7g Fiber, 337mg Calcium, 879mg Sodium, 89g Carbohydrates		

YOUR CHOICE OPTIONS

When your meal includes a choice, select one item from each applicable category below.

GRAIN OPTIONS

- Wheat Bread 
 - Dinner Roll 
 - Wheat Crackers 
 - Rice Krispies 
 - Raisin Bran 
- Toasted Oats 
 - Corn Flakes
 - Oatmeal
 - Whole Grain Corn Muffin 

FRUIT / JUICE OPTIONS

- Cranberry Juice
 - Grape Juice
 - Apple Juice
 - Orange Juice
 - Diced Pears
 - Diced Peaches
 - Strawberry Applesauce
- Cinnamon Applesauce
 - Applesauce
 - Tropical Fruit
 - Pineapple Tidbits
 - Mixed Fruit
 - Mandarin Oranges

Questions? 844-506-8487

Substitutions may be made if a product is not available. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Allergen Icon Key:

-  = Milk
-  = Tree Nuts
-  = Fish
-  = Sesame
-  = Egg
-  = Wheat
-  = Soy
-  = Peanuts
-  = Shell Fish