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November 2026

Arts Academy in the Woods Vegetarian

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Tuesday, October 27, 2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Egg & Cheese Sandwich IW WG Potato Wedge 1 cup w/Ketchup (20) Fresh Fruit (22) Juice 100% 4ozL Fruit (15) .	**3** *Closed*	**4** Blkbean Burger on WG Bun (51) Diced Potatoes 1/2 c (15) Vegetable Juice 4oz (13) Craisins (28) Orange (21) .	**5** Pizza Slice WG (32) Carrot Coins 1/2 c (9) Broccoli 1/2c IW (4) Fresh Fruit (22) Baked Chips WG Juice 100% 4ozL Fruit (15) .	**6** *1/2 Day No Lunch*
9 Three Cheese Sandwich (22) Potato Wedge 1/2 c (17) Baked Beans -Halal 1/2 C (22) Fresh Fruit Mix (up to 2) (22) .	**10** Bambino Cheese Bread WG Marinara Cup 3 oz IW (7) Vegetable Juice 4oz (13) Fresh Fruit Mix (up to 2) (22) Cheez -its WG (14) .	**11** Pull Apart - Queso (33) Potato Wedge 1/2 c (17) Carrot Coins 1/2 c (9) Banana 1 ea (34) Juice 100% 4ozL Fruit (15) &	**12** Pizza Slice WG (32) Rom. & Spin. Sal w/tom 1.25 c Vegetable Juice 4oz (13) Strawberry c Chilled 4oz (18) Craisins (28) Goldfish Grahams WG (19) (19) .	**13** Egg Salad on WG Bun Broccoli 1/2c IW (4) Vegetable Juice 4oz (13) Zee Zee Fruit Sours (31) Fresh Fruit (22) &
16 Egg Patty (1) Diced Potatoes 1/2 c w/ket. (18) Croissant Bun WG (29) (27) Cheese Slices 2 (American) Vegetable Juice 4oz (13) Fresh Fruit Mix (up to 2) (22) .	**17** Blkbean Burger on WG Bun (51) Corn Cobbett (19) Vegetable Juice 4oz (13) Fresh Fruit Mix (up to 2) (22) .	**18** Cheese Quesadilla (V)(1) (39) Salsa Cup 3oz IW (5) (4) Mexican Style Beans 1/2 c (21) Tortilla Chips (2Br)WG (36) Fresh Fruit Mix (up to 2) (22) .	**19** Pizza Slice WG (32) Carrots 1/2 c (6) (9) Vegetable Juice 4oz (13) Fresh Fruit Mix (up to 2) (22) Baked Chips WG .	**20** Chickpea & Cheese Salad 2c(6) Cheese Bread (2)WG Chilled Fruit 1/2 c (16) Juice 100% 4ozL Fruit (15) ^
23 Taco Salad w/chpea & Chz (16) Salsa Cup 3oz (5) Tortilla Chips (2Br)WG (36) Fresh Fruit Mix (up to 2) (22) ^	**24** Chickpea & Cheese Salad 2c(6) Chilled Fruit 1/2 c (16) Dinner Roll WG on side (16) Juice 100% 4ozL Fruit (15) Sun Chips WG (19) ^	**25** *Closed*	**26** * Closed *	**27** * Closed *
30 Egg Patty (1) Diced Potatoes 1/2 c (15) Croissant Bun WG (29) (27) Cheese Slices 2 (American) Vegetable Juice 4oz (13) Fresh Fruit Mix (up to 2) (22) .				

Carb Counts included in parenthesis ( ) for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:

Fat Free White Milk 1/2 Pint (Purple)(12)

Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

*(V) indicates a vegetarian entree

This institution is an equal opportunity provider.