

Vegetarian Options
SMSD Food Services
2019-2020

- Baked Potato Bar
- Cheese Breadstick with Marinara Sauce – cheese stuffed whole grain breadstick
- Cheese Lasagna
- Cheese Quesadilla
- Cheese Tamale (MS-HS)
- Fish Munchies – fish
- Fish Sandwich – fish
- French Toast Sticks – without sausage
- Hummus
- Macaroni & Cheese
- Mozzarella Sticks
- Nachos with Cheese Sauce
- Pasta with Marinara Sauce – High School Build Your Own Station
- Pizza, Pizza Hut – Cheese (MS-HS)
- PBJ Sandwich
- Shrimp Poppers – fish
- Stuffed Crust Cheese Pizza – whole grain crust with low-fat mozzarella cheese
- Sun Butter with Pretzels (Elem)
- Veggie Burger – option on days when hamburger / cheeseburger are on the menu
- Yogurt & String Cheese (Elem)
- Yogurt Parfait (MS-HS)
- 3 Sides Meal – full portion of 3 different fruits or vegetables and a milk or grain without an entrée