

# Managing a Vegetarian Diet at School

What is a vegetarian diet?

*Eating a vegetarian diet covers a wide spectrum. A vegetarian diet is a diet free of meat, fish and fowl flesh. There are different types of vegetarians that range from lacto-ovo to lacto-vegetarian to vegans. Some of these versions have stricter restrictions on what animal products they omit from their diet.*

For special diet modifications, please visit: <http://www.cobbk12.org/centraloffice/studentssupport/schoolhealth/childhas.aspx>



## Lunch Options

Cheesy Garlic Bread Twist w/Homemade Marinara Sauce  
Cheesy Garlic French Bread Pizza w/Homemade Marinara Sauce  
Cheese Pizza  
Veggie Pizza  
Cheese Pizza Pack  
Cheese Nachos  
Black Beans Nachos (available with or without cheese)  
Refried Beans Nachos (available with or without cheese)  
French Toast Sticks w/Cheese Omelet  
Mini Cheese Ravioli w/Homemade Marinara Sauce  
Cheese Lasagna Rollup  
Penne Pasta w/Homemade Marinara Sauce  
Alfredo Pasta  
Grilled Cheese Sandwich  
Peanut Butter and Jelly Sandwich  
Egg Salad Sandwich  
Hummus w/Flatbread & Veggies  
Yogurt w/Apple or Strawberry Crackers  
Loaded Baked Potato w/Dinner Roll (available with or without cheese)  
Homemade Macaroni and Cheese w/Dinner Roll  
Vegetarian Caesar Salad  
Taco Salad w/Black Beans  
Chef Salad w/Boiled Egg  
Southwest Salad w/Corn and Black Bean Salsa  
Asian Salad w/Boiled Egg  
Made to Order Salads (HS only)  
Made to Order Subs, Flatbreads and Wraps (HS only)

Includes choice of fresh fruit, vegetables, 100% juice and 8 oz. milk.

## Breakfast Options

Yogurt w/Apple and Strawberry Crackers  
Cereal Choice w/Biscuit  
Buttermilk Biscuit  
Maple Glazed French Toast Sticks w/syrup  
Cereal choice w/Homemade Muffin  
Cheesy Scrambled Eggs w/ Biscuit  
Egg and Cheese Biscuit  
PopTart w/Cheese Stick  
Fresh Baked Cinnamon Roll  
Belgian Waffle w/Cheese Stick  
Mini Maple Pancakes w/Cheese Stick  
Mini Blueberry Pancakes w/Cheese Stick  
Smoothie w/Homemade Muffin  
PB&J Jamwich  
Cheez-it w/Cheese Stick  
Overnight Oats

Includes choice of fresh fruit, 100% juice and 8 oz. milk.

## Side Choices

Veggie Dippers  
Crinkle Cut Sweet Potato Fries  
Seasoned Black Beans  
Cheesy Refried Beans  
Garden Side Salad  
Crispy Tater Tots  
Caesar Side Salad  
Baby Carrots w/Dip  
Coleslaw  
BBQ Baked Beans  
Hot Vegetables\*

*\*our hot vegetables are made with vegetable base and/or margarine, free from animal products*

