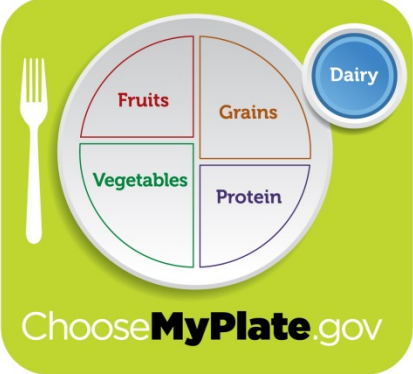
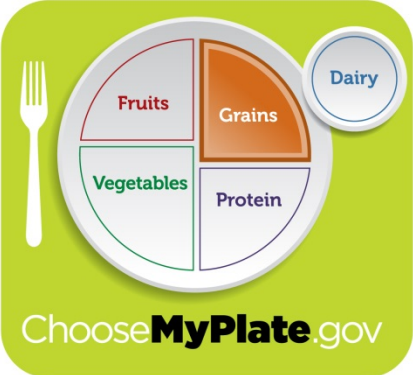
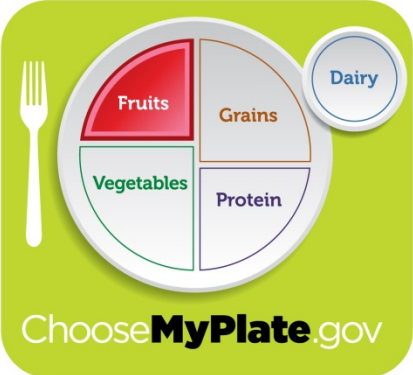
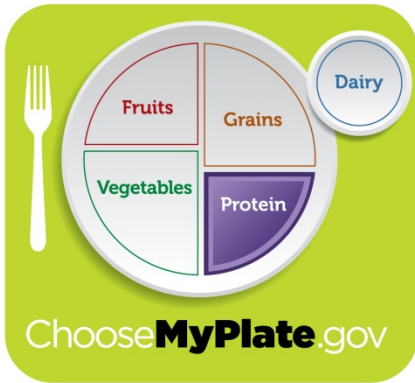


# Vegetarian/Vegan Sources at Commons

Food Group	Vegetarian Choices	Vegan Choices
 <p>Choose <b>MyPlate</b>.gov</p>	<p>Great source of calcium and protein</p> <ul style="list-style-type: none"> <li>Silk Soy Milk</li> <li>Silk Almond Milk</li> <li>Oatmeal</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>Milk</li> <li>Cheese</li> <li>Yogurt</li> <li>Lactaid</li> </ul>	<ul style="list-style-type: none"> <li>Silk Soy Milk</li> <li>Silk Almond Milk</li> </ul>
 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Brown Rice</li> <li>Grit Cakes &amp; Red Onion</li> <li>Plain Lentils (though not a grain, lentils fit nicely in this area as same benefits as some whole grains and beans)</li> <li>Citrus Spiced Lentil Salad</li> <li>Rotini, Whole Wheat</li> <li>Tri-Color Tortilla Chips</li> <li>Farro Salad With Garden Vegetables</li> <li>Jasmine Rice</li> <li>Bok Choy &amp; Shiitake Mushroom With Sesame</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>Lo Mein Noodle Salad</li> <li>Banana Pancakes</li> <li>Scratch Cheese Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Brown Rice</li> <li>Grit Cakes and Red Onion</li> <li>Plain Lentils (though not a grain, lentils fit nicely in this area as same benefits as some whole grains and beans)</li> <li>Citrus Spiced Lentil Salad</li> <li>Rotini, Whole Wheat</li> <li>Tri-Color Tortilla Chips</li> <li>Farro Salad With Garden Vegetables</li> <li>Jasmine Rice</li> <li>Bok Choy &amp; Shiitake Mushroom With Sesame</li> </ul>
 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>Carrot Apple Smoothie</li> <li>Fresh Fruit all day</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Apple Smoothie</li> <li>Fresh Fruit all day</li> </ul>

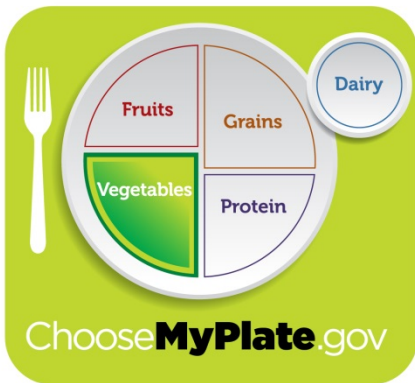


- Mushroom Chili
- Hummus (Two 3oz serving sizes)
- Lemony Chickpea Salad (Two 3oz serving sizes)
- Sesame Coated Tofu

Lacto-Ovo:

- Omelet (plus vegetables if veggies are included!)
- Orange Baguette French Toast
- Scrambled eggs, hard cooked eggs
- Some soups like Middle Eastern Lentil Soup
- Vegetable Chili
- Burrito Bar

- Mushroom Chili
- Hummus (Two 3oz serving sizes)
- Lemony Chickpea Salad (Two 3oz serving sizes)
- Sesame Coated Tofu



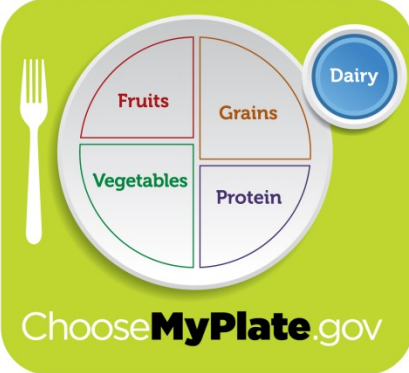
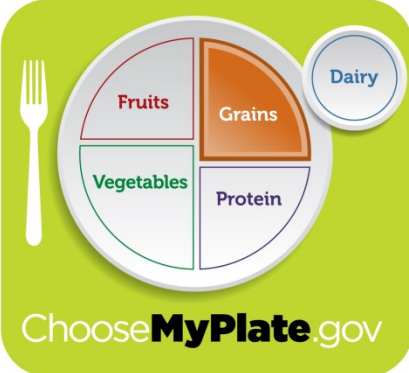
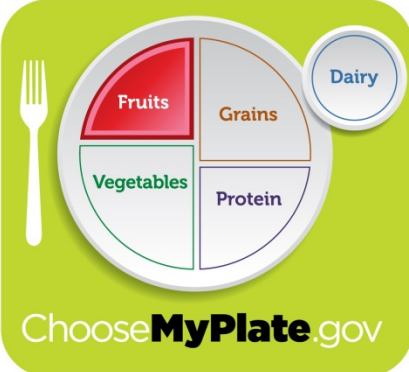
- Tossed Garden Salad
- Roasted Corn
- Cilantro Slaw
- Sliced Red Potatoes With Vinaigrette
- Carrot & Celery Sticks
- Cauliflower Mixed Vegetables
- Steamed Fresh Sweet Potatoes
- Braised Kale
- Sun-Dried Tomato Cucumber Relish
- Corn, Tomato, & Basil Salad
- Baked Potato
- Green Peas
- Italian Vegetable Blend
- Cafe Roasted Potatoes

Lacto-Ovo:

- Grilled Italian Vegetable Wrap
- Creamy Dilled Potato Salad
- Spinach, Barley, Pepper & Olive Salad
- Cheese, Kale & Red Onions Flatbread (though a sandwich, it's filled with veggies)

- Hash brown potatoes (potatoes are starchy veggies)
- Green Pepper & Tomato Salad
- Cucumber, Tomato & Onion Salad
- Roasted Corn
- Cilantro Slaw
- Sliced Red Potatoes With Vinaigrette
- Carrot & Celery Sticks
- Cauliflower Mixed Vegetables
- Steamed Fresh Sweet Potatoes
- Braised Kale
- Sun-Dried Tomato Cucumber Relish
- Corn, Tomato, & Basil Salad
- Baked Potato
- Green Peas
- Italian Vegetable Blend
- Cafe Roasted Potatoes

## Vegetarian/Vegan Sources at Sadler

Food Group	Vegetarian Choices	Vegan Choices
 <p>Choose <b>MyPlate</b>.gov</p>	<p style="text-align: center;">Great source of calcium and protein</p> <ul style="list-style-type: none"> <li>• Silk Soy Milk</li> <li>• Silk Almond Milk</li> <li>• Oatmeal</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt</li> <li>• Lactaid</li> </ul>	<ul style="list-style-type: none"> <li>• Silk Soy Milk</li> <li>• Silk Almond Milk</li> </ul>
 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• French Toast</li> <li>• Grit Cakes &amp; Red Onion</li> <li>• Penne, Whole Wheat</li> <li>• Fusili</li> <li>• Tri-Color Tortilla Chips</li> <li>• Farro Salad With Garden Vegetables</li> <li>• Jasmine Rice</li> <li>• Bok Choy &amp; Shiitake Mushroom With Sesame</li> <li>• Plain Lentils (though not a grain, lentils fit nicely in this area as same benefits as some whole grains and beans)</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>• Lo Mein Noodle Salad</li> <li>• Banana Pancakes</li> <li>• Scratch Cheese Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Brown Rice</li> <li>• Grit Cakes and Red Onion</li> <li>• Tri-Color Tortilla Chips</li> <li>• Farro Salad With Garden Vegetables</li> <li>• Jasmine Rice</li> <li>• Bok Choy &amp; Shiitake Mushroom With Sesame</li> <li>• Plain Lentils (though not a grain, lentils fit nicely in this area as same benefits as some whole grains and beans)</li> </ul>
 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>• Fresh Fruit all day</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit all day</li> </ul>

 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>• Mushroom Chili</li> <li>• Roasted Red Pepper Hummus (Two 3oz serving sizes)</li> <li>• Lemony Chickpea Salad (Two 3oz serving sizes)</li> <li>• Sesame Coated Tofu</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>• Margherita Pizza</li> <li>• Vegetable Chili</li> <li>• Omelet (plus vegetables if veggies are included!)</li> <li>• Scrambled eggs, hard cooked eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom Chili</li> <li>• Roasted Red Pepper Hummus (Two 3oz serving sizes)</li> <li>• Lemony Chickpea Salad (Two 3oz serving sizes)</li> <li>• Sesame Coated Tofu</li> </ul>
 <p>Choose <b>MyPlate</b>.gov</p>	<ul style="list-style-type: none"> <li>• Sliced Lyonnaise Potatoes</li> <li>• Cilantro Slaw</li> <li>• Corn, Tomato, &amp; Basil Salad</li> <li>• Sun-Dried Tomato Cucumber Relish</li> <li>• Baked Potato</li> <li>• Balsamic Herb Roasted Vegetables</li> <li>• Sweet Potato French Fries</li> <li>• Salad Bar</li> </ul> <p>Lacto-Ovo:</p> <ul style="list-style-type: none"> <li>• Spinach, Barley, Pepper &amp; Olive Salad</li> <li>• Grilled Italian Vegetable Wrap</li> </ul>	<ul style="list-style-type: none"> <li>• Cilantro Slaw</li> <li>• Corn, Tomato, &amp; Basil Salad</li> <li>• Sun-Dried Tomato Cucumber Relish</li> <li>• Baked Potato</li> <li>• Balsamic Herb Roasted Vegetables</li> <li>• Sweet Potato French Fries</li> <li>• Salad Bar</li> </ul>