





 Fresno **Economic Opportunities Commission**
Head Start and Early Head Start

Vegetarian LUNCH MENU – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. <u>Garden Burger 1 ea.</u> <u>Cheddar cheese 1.5 oz.</u> <u>Lettuce ¼ c.</u> Brown Rice ½ c. Apple 1 ea. 1% White Milk 6 oz.
4. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Calif. Vegetables ¼ c. Whl. Wht. Bread ½ sl. Applesauce ½ c. 1% White Milk 6 oz.	5. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Brown Rice ½ c. Hi C Salad w/Romain lettuce ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	6. <u>Cheese 3 sl. and</u> <u>Shredded lettuce ¼ c.</u> <u>Whl. Wht. Bread 1 sl.</u> Sandwich ½ ea. Baby Carrots 1.6 oz. Orange 1 ea. 1% White Milk 6 oz.	7. <u>Garden Burger 1ea. on a</u> <u>Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Tossed Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	8. Vegetarian Tostada 1 ea. Refried Beans ½ c. Shred. Cheese ½ oz. WG Tostado boat 1 ea. Cabbage & Cilantro ¼ c. Apple 1 ea. 1% White Milk 6 oz.
11. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Dinner Roll 1 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.	12. <u>Tomato slice &</u> <u>Cheese 1.5 oz. on Whl.</u> <u>Wht. Bread 1 sl.</u> Vegetable Soup 4 oz. Diced Peaches ½ c. 1% White Milk 6 oz.	13. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Diced Pears ½ c. 1% White Milk 6 oz.	14. <u>Garden Burger 1ea. on a</u> <u>Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Coleslaw w/carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	15. WG Flour Tortilla 1 ea. Refried Beans ½ c. Shred. Cheese ½ oz. Toss Salad w/broc ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
18. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Calif. Vegetable ¼ c. Applesauce ½ c. 1% White Milk 6 oz.	19. <u>Cheese 1.5 oz. & Tomato</u> <u>slice on Whole Wheat</u> <u>Bread 1 sl.</u> <u>Shred. Lettuce ¼ c.</u> Baby Carrots 1.6 oz. Kiwi ¼ c. 1% White Milk 6 oz.	20. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Corn ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	21. <u>Spaghetti ½ c.</u> <u>w/marinara sauce</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Peas & Carrots ¼ c. Orange 1 ea. 1% White Milk 6 oz.	22. WG Tortilla Chips 1 oz. Refried Beans ½ c. Shred. Cheese ½ oz. Shred Lettuce ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.
25. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	26. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Calif. Vegetable ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	27. <u>Garden Burger 1ea. &</u> <u>Grated Cheese 1.5 oz.</u> On Whl. Wht. Bun 1 ea. Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz.	28. <u>Spaghetti ½ c.</u> <u>w/marinara sauce</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.	29. WG Flour Tortilla 1 ea. Refried Beans ½ c. Shred. Cheese ½ oz. Hi C salad w/romain lettuce ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.

This institution is an equal opportunity provider.

 Plants need clean water
  Care for California
  Put fresh on your plate
 








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Vegetarian Lunch Grocery List

Vegetarian items	Serving size per child
Whole Wheat Bread (half a sandwich per child) or Whole Wheat Bun	1 slice or 1 bun ea.
Vegetarian Chili Beans w/grated cheese 1.5 oz.	$\frac{3}{8}$ c.
Jack Cheese	1.5 oz.
Cheddar Cheese	1.5 oz.
String Cheese	1.5 oz.
Whole Wheat Flour Tortillas (small size)	1 ea.
Vegetarian Refried Beans	$\frac{3}{8}$ c.
English Muffin (may use for Cheese Pizza)	$\frac{1}{2}$ ea.
Garden Burger – needs 1.5 oz. fresh grated cheese	1 ea.
Marinara Sauce – needs 1.5 oz. of fresh grated cheese 1.5 oz.	$\frac{1}{4}$ c.
Spaghetti $\frac{1}{2}$ c. w/grated cheese 1.5 oz.	$\frac{1}{2}$ c.
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	$\frac{3}{4}$ c.
Split Pea Soup	$\frac{3}{4}$ c.
Green Beans	$\frac{1}{4}$ c. ea.
Peas & Carrots – canned or Frozen	$\frac{1}{4}$ c.
Eggs – omelets require 1.5 oz. of fresh grated cheese	1 egg
Macaroni & Cheese – Michelina’s Home style 7.5 oz. frozen & and must add 1.5 oz. grated cheese.	$\frac{3}{4}$ c.
Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese	$\frac{1}{2}$ c.
May be added to sauces or omelets or sandwiches	
Sliced Olives	.5 oz.
Diced Bell Pepper	.5 oz.
Diced or Sliced Tomato	.5 oz.
Tortilla Chips	1 oz.
Avocado	.5 oz.
Assorted Crackers	1 oz.

Vegetarian Recipes can be found in the FEOC Head Start – Preschool “NEW RECIPE BOOK”
Purchase only those items that are on this month menu.

Make sure your pantry items are up dated and you use FIFO.

*Cheese Pizza can be made with English Muffins $\frac{1}{2}$ ea. or Tortillas 1 ea. as the crust.