





Vegetarian LUNCH MENU – April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Cesar Chavez Holiday</p> 	<p>2. <u>Grill cheese 1.5 oz. and tomato 1 sl.</u> <u>Whl. Wht. Bread 1 sl.</u> Peas ½ c. Apple 1 ea. 1% White Milk 6 oz.</p>	<p>3. <u>Vegetarian chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Corn ¼ c. Whl. Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>4. <u>Garden burger Patty 1 ea.</u> <u>Cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Shred. Lettuce ¼ c. Potato Wedges ¼ c. Apple 1 ea. 1% White Milk 6 oz.</p>	<p>5. <u>WG Bean & Cheese Burrito 1 ea.</u> Hi C Salad w/Romain ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>8. <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.</p>	<p>9. <u>Cheese 1.5 oz. & Tomato 1 sl. on Whl. Wht. Bread 1 sl.</u> Shred. Lettuce ¼ c. Baby Carrots 1.6 oz. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>10. <u>Vegetarian 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.</p>	<p>11. <u>Garden burger Patty 1 ea.</u> <u>Cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Tossed Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>12. <u>Vegetarian Tostada 1 ea.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese ½ oz.</u> WG Tostado boat 1 ea. Cabbage & Cilantro ¼ c. Apple 1 ea. 1% White Milk 6 oz.</p>
<p>15. Spring Break <u>Vegetarian chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potato ¼ c. Whl. Wht. Dinner Roll 1 ea. Mix Fruit ½ c. 1% White Milk 6 oz.</p>	<p>16. build your own burrito <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese 1.5 oz.</u> Toss Salad ½ c. w. broc Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>17. <u>Vegetarian Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Rice ½ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.</p>	<p>18. <u>Garden burger Patty 1 ea.</u> <u>Cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Coleslaw ¼ c. w/carrots Honeydew chunks ½ c. 1% White Milk 6 oz.</p>	<p>19. build your own nachos <u>WG tortilla chips 1 oz.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese ½ oz.</u> Shred. Lettuce ½ c. Orange 1 ea. 1% White Milk 6 oz.</p>
<p>22. Spring Break <u>Nacho tortilla chips & grated cheese 1.5 oz.</u> <u>Refried Beans ¾ c.</u> Shred. Lettuce ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>23. <u>Mac & Cheese ¾ c.</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.</p>	<p>24. <u>Grill cheese 1.5 oz. and tomato 1 sl. on a Whl. Wht. Dinner Roll 1 ea.</u> Corn ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>25. <u>Vegetarian chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Shred. Lettuce ¼ c. Baby Carrots 1.6 oz. Kiwi ¼ c. 1% White Milk 6 oz.</p>	<p>26. <u>WG Bean ¾ c. & Cheese 1.5 oz. Burrito 1 ea.</u> Calif. Vegetable ¼ c. Applesauce ½ c. 1% White Milk 6 oz.</p>
<p>29. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Mix Fruit ½ c. 1% White Milk 6 oz.</p>	<p>30. build your own burrito <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese 1.5 oz.</u> Hi C Salad ½ c. w/Romain Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>			

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

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.