



Fresno **Economic Opportunities Commission**
Head Start 0 to 5

Vegetarian **LUNCH MENU – OCTOBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. <u>Garden burger on a Bun 1 ea. w/Cheese 1.5 oz.</u> Potato Salad ¼ c. Honey Dew Chunks ½ c. 1% White Milk 6 oz.	2. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Hi C Salad w/Romain ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	3. <u>Bean & Cheese 1.5 oz.</u> <u>Burrito 1 ea.</u> Brown Rice ½ c. Baby Carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk 6 oz.	4. <u>Cheese 1.5 oz.</u> <u>Omelete 1 ea.</u> Whl. Wht. Bread 1 sl. Veg. Medley ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
7. <u>Vegetarian Chili Beans ¾ c. w/grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Dinner roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	8. Build your own Nachos <u>WG. Tortilla Chips 1 oz.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Shred. Lettuce ½ c. Orange 1 ea. 1% White Milk 6 oz.	9. <u>Garden Burger On Whl. Wht. Bun 1 ea. w/grated Cheese 1.5 oz.</u> Coleslaw w/carrots ¼ c. Mixed Fruit ½ c. 1% White Milk 6 oz.	10. <u>Omelete 1 ea. w/grated cheese 1.5 oz.</u> Whl. Wht. Dinner roll 1 ea Steamed Carrots ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	11. Home Base/CSPP <u>WG. Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Toss Salad w/brocc ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.
14. Holiday Native American Day 	15. <u>Spaghetti ¾ c. w/marina sauce and grated cheese 1.5 oz.</u> Whl. Wht. Dinner roll 1 ea Corn ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	16. <u>Tomato & cheese 1.5 oz.</u> <u>On Whl. Wht. Bread 1 sl.</u> <u>Shred. Lettuce ¼ c.</u> Baby Carrots 1.6 oz. Kiwi ¼ c. 1% White Milk 6 oz.	17. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Steamed Carrots ¼ c. Orange 1 ea. 1% White Milk 6 oz.	18. SOD <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi C Salad w/romain ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.
21. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Cabbage/Cilantro ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	22. <u>Vegetarian Chili Beans ¾ c. w/grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	23. <u>Split Pea soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Calif. Vegetable ¼ c. Whl. Wht. Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.	24. <u>Tomato & cheese 1.5 oz.</u> <u>On Whl. Wht. Bread 1 sl.</u> <u>Shred. Lettuce ¼ c.</u> Vegetable Soup 4 oz. Kiwi ¼ c. 1% White Milk 6 oz.	25. Home Base/CSPP <u>Garden Burger & grated Cheese 1.5 oz.</u> On Whl. Wht. Bun 1 ea. Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
28. <u>WG Bean & Cheese Burrito 1 ea. grated cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz.	29. <u>Split Pea soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	30. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Cucumber Salad ¼ c. Mixed Fruit ½ c. 1% White Milk ½ c.	31. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Toss Salad w/carrots ½ c Diced Peaches ½ c. 1% White Milk ½ c.	 Trunk or Treat

This institution is an equal opportunity provider.



Plants need clean water



Care for California



Put fresh on your plate



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	$\frac{3}{4}$ 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	$\frac{1}{3}$ 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	$\frac{1}{4}$ c.
Spaghetti	$\frac{3}{4}$ c.
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	$\frac{1}{2}$ 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 & 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.