

Vegetarian LUNCH MENU – NOVEMBER 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | | | 1. SOD <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz. |
| 4. <u>Spaghetti ¾ c</u> <u>w/marinara sauce</u> <u>Grated cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz. | 5. <u>Vegetarian Chili</u> <u>Beans ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Green Salad ½ c. Whl Wht. Bread 1 sl. Applesauce ½ c. 1% White Milk 6 oz. | 6. <u>Garden burger on a Bun</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Honeydew Chunks ½ c. 1% White Milk 6 oz. | 7. <u>Cheddar Cheese 1.5 oz.</u> <u>& Tomato 1 sl. on</u> <u>Whl. Wht. Bread 1 sl.</u> Veg Medley ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz. | 8. Home Base/CSPP <u>Split Pea Soup ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrots ½ c. Diced Peaches ½ c. 1% White Milk 6 oz. |
| 11. Veteran's Day Holiday | 12. <u>Vegetable Soup ½ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potato ¼ c. WG Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz. | 13. <u>WG Tortilla Chips 1 oz.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> <u>Shred. Lettuce ½ c.</u> Orange 1 ea. 1% White Milk 6 oz. | 14. <u>Garden Burger 1 ea</u> <u>Grated Cheese 1.5 oz.</u> <u>on Whl. Wht. Bun 1 ea.</u> Coleslaw w/carrots ¼ c. Mix Fruit ½ c. 1% White Milk 6 oz. | 15. <u>Vegetarian Chili</u> <u>Beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea Cantaloupe Chunks ½ c. 1% White Milk 6 oz. |
| 18. <u>Flour Tortilla 1 ea.</u> <u>WG</u> <u>Refried Beans ¼ c.</u> <u>Grated Cheese 1.5 oz.</u> Fiesta Corn ¼ c. Mixed Fruit ½ c. 1% White Milk 6 oz. | 19. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz. | 20. <u>Spaghetti ¾ c.</u> <u>w/marinara sauce</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>Garden Burger 1 ea.</u> <u>grated cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Shred. Lettuce ¼ c. Baby carrots 1.6 oz. Kiwi ¼ c. 1% White Milk 6 oz. | 22. Home Base/CSPP <u>Vegetarin Chili Beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea Diced Peaches ½ c. 1% White Milk 6 oz. |
| 25. CSPP <u>Egg Omelet 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Spanish Rice ½ c. Refried Beans ¼ c. WG Flour Tortilla 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz. | 26. CSPP <u>Tomato 1 sl.& Cheddar</u> <u>Cheese 1.5 oz. on Whl.</u> <u>Wht. Bun 1 ea.</u> Shred. Lettuce ¼ c. Three Bean Salad ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz. | 27. Closed | 28. | 29. |

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 | ¾ 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 | ¾ c. |
| English Muffin (may use for Cheese Pizza) | ½ ea. |
| Garden Burger – needs 1.5 oz. fresh grated cheese | 1 ea. |
| Marinara Sauce | ¼ c. |
| Spaghetti | ¾ c. |
| Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese | ½ c. |
| Split Pea Soup | ¾ c. |
| Green Beans | ¼ c. ea. |
| Peas & Carrots – canned or Frozen | ¼ 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. | ¾ c. |
| Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese | ½ 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 ½ ea. or Tortillas 1 ea. as the crust.