
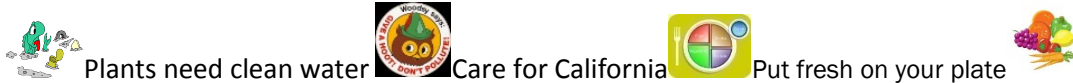


Vegetarian LUNCH MENU – DECEMBER, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	3. <u>Vegetarian chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Cucumber Salad ¼ c. Mixed Fruit ½ c. 1% White Milk 6 oz.	4. <u>Cheese 1.5 oz. & Tomato slice 1 ea. on Whl. Wht. Bread 1 sl.</u> Mashed Potatoes ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	5. <u>Garden Burger on Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c Diced Peaches ½ c. 1% White Milk 6 oz.	6. <u>WG Bean & Cheese 1.5 oz.</u> <u>Burrito 1 ea.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz.
9. <u>Spaghetti ½ c. w/grated Cheese 1.5 oz. w/marinara sauce</u> Green Salad ½ c. Whl. Wht. Bread 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	10. <u>Split Pea Soup ¾ c.</u> <u>String cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Veg Medley ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	11. <u>Vegetarian chili beans ¾ c.</u> <u>grated cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrots ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	12. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	13. Last day for CB <u>Garden burger on a Bun 1 ea. w/ cheddar cheese 1.5 oz.</u> Potato Salad ¼ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.
16. FD CSPP <u>Vegetarian chili beans ¾ c.</u> <u>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.	17. FD CSPP <u>Vegetarian Soup ¾ c.</u> <u>String Cheese 1.5 oz.</u> Whl Wht. Dinner Roll 1 ea. Cantaloupe chunks ½ c. 1% White Milk 6 oz.	18. FD CSPP <u>Cheese Lasagna ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Green Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	19. FD CSPP <u>Garden Burger 1 ea. On whl. Wht. Bun 1 ea.</u> Coleslaw w/carrots ¼ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	20. FD CSPP <u>WG Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Toss Salad w/broc ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.
23. FD CSPP <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Cornbread Stuffing ½ c. Baked Sweet Potato 1 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.				27. FD CSPP <u>Vegetarian Chili Bean ¾ c</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
30. FD CSPP <u>Spaghetti ½ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Sliced Apple 1 ea. 1% White Milk 6 oz.				

This institution is an equal opportunity provider.



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.

