







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

*Vegetarian* **LUNCH MENU – SEPTEMBER 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Labor day Holiday	3. <u>Mac &amp; Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Mash Potatoes ¼ c. Whl. Wht. Dinner roll 1 ea Mix Fruit ½ c. 1% White Milk 6 oz.	4. <u>WG Tortilla Chips 1 oz.</u> <u>Refried Beans ¾ c</u> <u>Shred. Cheese ½ c.</u> Shred Lettuce ½ c. Orange 1 ea. 1% White Milk 6 oz.	5. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Coleslaw w/carrots ¼ c. Honeydew chunks ½ c. 1% White Milk 6 oz.	6. <u>Vegetarian Chili</u> <u>Beans ¾ c. w/grated</u> <u>cheese 1.5 oz.</u> Rice ½ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.
9. <u>Grated Cheese 1.5 oz.</u> <u>WG flour tortilla 1 ea.</u> <u>Refried beans ¾ c.</u> Peas & Carrots ¼ c. Orange 1 ea. 1% White Milk 6 oz.	10. <u>Cheese 1.5 oz &amp; Tomato</u> <u>slice 1 ea. on</u> w/ Bread 1 sl. Shredded Lettuce ¼ c. Baby Carrots 1.6 oz. Kiwi ¼ c. 1% White Milk 6 oz.	11. <u>Spaghetti ½ c.</u> <u>w/marinara</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Corn ¼ c. Cantaloupe chunks ½ c. 1% White Milk 6 oz.	12. <u>Bean &amp; cheese 1.5 oz.</u> <u>Burrito 1 ea.</u> Refried Beans ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	13. Home Base/CSPP <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> California Vegetable ¼ c. Applesauce ½ c. 1% White Milk 6 oz.
16. <u>Egg Omelet 1 ea.</u> <u>Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wheat Bread 1 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.	17. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¾ c</u> <u>Shred. Cheese ½ oz.</u> Hi C salad w/Romain ½ c Pineapple Tidbits ½ c. 1% White Milk 6 oz.	18. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz.	19. <u>Split Pea Soup ¾ c.</u> California Vegetable ¼ c. Whl. Wht. Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.	20. SOD <u>Tomato 1 sl. &amp; Chz 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Broccoli ¼ c. Kiwi ¼ c. 1% White Milk 6 oz.
23. <u>Mac &amp; Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl. Steamed Carrot ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	24. <u>WG Bean &amp;</u> <u>Cheese 1.5 oz Burrito</u> Hi C Salad w/Romain ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	25. <u>Spaghetti ½ c.</u> <u>w/marinara</u> <u>Grated cheese 1.5 oz.</u> Corn ¼ c. Whl Wheat Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	26. <u>Tomato 1 sl. &amp; Chz 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Peas ¼ c. Mix Fruit ½ c. 1% White Milk 6 oz.	27. Home Base/CSPP <u>Spaghetti ½ c.</u> <u>w/marinara</u> <u>Grated cheese 1.5 oz.</u> Sliced Carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.
30. <u>Vegetarian Chili</u> <u>Beans ¾ c. w/grated</u> <u>cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl Wheat Bread 1 ea. Applesauce 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



*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.