


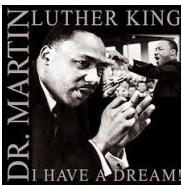




Fresno **Economic Opportunities Commission**
Head Start 0 to 5

Vegetarian LUNCH MENU – January, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1.  <i>Happy New Year</i>	2. <u>Vegetarian Chili</u> <u>beans ¾ c. w/cheese 1.5 oz</u> Calif. Vegetable ¼ c. Whl. Wht. Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.	3. <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. Bun 1 ea.</u> <u>Cheese 1.5 oz.</u> Potato Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.
6. <u>WG Bean & Cheese Burrito 1 ea.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk 6 oz.	7. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl. Wht. Bread 1 sl. Mixed Fruit ½ c. 1% White Milk 6 oz.	8. <u>Tomato 1 sl. & Cheese 1.5 oz. on Whl. Wht. Bread 1 sl.</u> Vegetable Soup 4 oz. Pineapple tidbits ½ c. 1% White Milk 6 oz.	9. <u>Spaghetti ¾ c. w/cheese 1.5 oz. w/marinara sauce</u> Toss Salad w/carrots ½ c Diced Peaches ½ c. 1% White Milk 6 oz.	10. <u>Mac ¾ c. & Cheese 1.5 oz.</u> Whl. Steamed Carrots ¼ c Tropical Fruit ½ c. 1% White Milk 6 oz.
13. <u>WG Bean & Cheese 1.5 oz. Burrito 1 ea.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	14. <u>Vegetarian Chili Beans ¾ c. w/cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	15. <u>Garden Burger 1 ea. on a Bun w/Cheese 1.5 oz.</u> Potato Salad ¼ c. Apple 1 ea. 1% White Milk 6 oz.	16. <u>Mac ¾ c. & Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Veg Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.	17. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrot ½ c Diced Pears ½ c. 1% White Milk 6 oz.
20.  LUTHER KING I HAVE A DREAM!	21. <u>Bean & Cheese 1.5 oz. Burrito</u> Mashed Potatoes ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	22. <u>Cheddar Cheese 1.5 oz. & Tomato 1 sl. On Whl. Wht. Bun 1 ea.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	23. <u>Mac ¾ c. & Cheese 1.5 oz.</u> Whl. Wht. Dinner roll 1 ea Orange 1 ea. 1% White Milk 6 oz.	24. <u>Cheese Lasagna 1 sl.</u> <u>Grated Cheese 1.5 oz.</u> Toss Salad w/carrot ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
27. <u>Spaghetti ¾ c. w/cheese 1.5 oz. & marinara sauce</u> Baby Carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	28. <u>Vegetarian Chili Beans ¾ c. w/ cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Steamed Carrots ½ c. Orange 1 ea. 1% White Milk 6 oz.	29. <u>Egg Omelet 1 ea. grated cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Corn ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	30. <u>Cheddar cheese 1.5 oz. & Tomato 1 sl. Whl Wht. Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	31. <u>Mac ¾ c. & Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.

This institution is an equal opportunity provider.



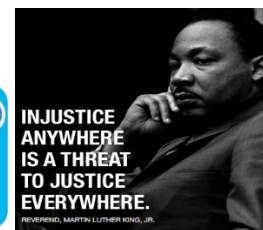
Plants need clean water



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	⅓ 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.