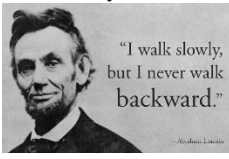





Vegetarian LUNCH MENU – February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Cabb. & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>4. <u>Mac&Cheese 1.5 oz. ¾ c.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>5. <u>Vegetarian Chili ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Hi C Salad w/romain ½ c. Whl. Wht. Bread 1 sl. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>6. <u>Tomato slice & Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby Carrots 1.6 oz. Sliced Apple w/C 1 ea. 1% White Milk 6 oz.</p>	<p>7. <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>10. Holiday </p>	<p>11. <u>Spaghetti w/marinara sauce & grated cheese 1.5 oz.</u> Cucumber Salad ¼ c. Mixed Fruit ½ c. 1% White Milk 6 oz.</p>	<p>12. <u>Tomato slice & Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Mashed Potatoes ¼ c. Pineapple tidbits ½ c. 1% White Milk 6 oz.</p>	<p>13. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Hi C Salad w/romain ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>14. <u>English muffin Cheese 1.5 oz.</u> <u>Pizza ½ sl. Ea. pizza sauce .5 oz.</u> Whl. Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>
<p>17. Holiday </p>	<p>18. <u>Mac&Cheese 1.5 oz. ¾ c.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>19. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrot ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>20. <u>Split Pea Soup ¾ c.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>21. <u>Garden Burger 1 ea. on a Bun w/Cheese 1.5 oz.</u> Potato Salad ¼ c. Apple 1 ea. w/C 1% White Milk 6 oz.</p>
<p>24. <u>Vegetarian Chili Beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potato ¼ c. Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>25. <u>Split Pea Soup ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Dinner Roll 1 ea. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>26. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> <u>Vegetable Soup 4 oz.</u> Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>27. <u>Spaghetti w/marinara sauce & grated cheese 1.5 oz.</u> Coleslaw w/carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>28. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Toss Salad w/brocc ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>

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.