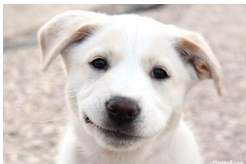






Vegetarian LUNCH MENU – July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3. Holiday 
6. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Cabbage & Cilantro ¼ c Tropical Fruit ½ c. 1% White Milk 6 oz.	7. <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.	8. <u>Vegetarian Chili ¾ c.</u> <u>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.	9. <u>Tomato & Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Baby Carrots 1.6 oz. Sliced Apple w/vit C ½ c. 1% White Milk 6 oz.	10. <u>Garden Burger 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> On Whl. Wht Bun 1 ea. Potato Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.
13. <u>WG Bean & Cheese Burrito 1 ea.</u> Cantaloupe Chunks ½ c 1% White Milk 6 oz.	14. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht Bread 1 sl.</u> Cucumber Salad ¼ c. Mixed Fruit ½ c. 1% White Milk 6 oz.	15. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl Wht Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	16. <u>Spaghetti w/marinara sauce ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Hi C salad w/Romain Diced Peaches ½ c. 1% White Milk 6 oz.	17. <u>Mac. & Cheese 1.5 oz. ¾ c.</u> Whl. Steamed Carrots ¾ c Tropical Fruit ½ c. 1% White Milk 6 oz.
20. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht Bread 1 sl.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	21. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	22. <u>Garden burger on a Bun 1 ea. Cheese 1.5 oz.</u> Potato Salad ¼ c. Sliced Apple w/vit C. ½ c 1% White Milk 6 oz.	23. <u>Tomato & Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Veg. Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.	24. <u>Spaghetti w/marinara sauce ¾ c.</u> <u>w/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.
27. <u>WG Flour 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.	28. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potato ¼ c. Whl. Wht. Dinner Roll 1 ea. Pineapple tidbits ½ c. 1% White Milk 6 oz.	29. <u>Garden burger on a Bun 1 ea. Cheese 1.5 oz.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	30. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Orange 1 ea. 1% White Milk 6 oz.	31. <u>Cheese Lasagna ¾ c.</u> Toss Salad w/carrot ½ 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	$\frac{3}{4}$ 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.