



Vegetarian - LUNCH MENU – AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Baby carrots 1.6 oz. Diced Peaches ½ c. 1% White Milk 6 oz.	4. <u>Spaghetti w/marinara sauce.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Whl. Steamed Carrots ¼ c. Apple slices ½ c. w/vit C 1% White Milk 6 oz.	5. <u>Veg. Chili Bean ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Corn ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	6. <u>Tomato & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	7. <u>Mac & cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
10. Build your own burrito <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.	11. <u>Chili Bean ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	12. <u>Vegetable Soup 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.	13. <u>Egg Salad & Cheese 1 sl.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby Carrots 1.6 oz. Sliced Apple w/vit C ½ c. 1% White Milk 6 oz.	14. <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.
17. <u>WG Bean & Cheese Burrito 1 ea.</u> Baby carrots 1.6 oz. Cantaloupe Chunks ½ c 1% White Milk 6 oz.	18. <u>Mac & cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	19. <u>Veg. Chili Bean 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.	20. <u>Spaghetti w/marinara sauce.</u> <u>Grated Cheese 1.5 oz.</u> Hi C salad ½ c. w/Romain Diced Peaches ½ c. 1% White Milk 6 oz.	21. <u>Tomato & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Whl. Steamed Carrots ¼ c Tropical Fruit ½ c. 1% White Milk 6 oz.
24. <u>Egg Salad & Cheese 1 sl.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	25. <u>Veg. Chili Bean 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.	26. <u>Garden burger on a Bun 1 ea.</u> <u>Cheese 1.5 oz.</u> Potato Salad ¼ c. Sliced Apple w/vit C. ½ c 1% White Milk 6 oz.	27. <u>WG Bean & Cheese 1.5 oz.</u> <u>Burrito 1 ea.</u> Whl. Wht. Bread 1 sl. Veg. Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.	28. <u>Vegetable Soup ¾ c.</u> <u>Grated cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Toss Salad w/carrots ½ c. Diced Pears ½ c. 1% White Milk 6 oz.
31. Build your own burrito <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 Pineapple Tidbits 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.