







Vegetarian LUNCH MENU – SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. <u>Vegetarian Chili ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Mash Potato ¼ c. Whl. Wht. Dinner Roll 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	2. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Wht. Bun 1 ea. Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	3. <u>Mac &amp; Cheese ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> <u>green beans ¼ c.</u> Whl. Wht. Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	4. Observed: Cesar Chavez Holiday 
7. <b>LABOR DAY</b> 	8. <u>Vegetarian Chili ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Whl. Steam Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	9. <u>Spaghetti ½ c.</u> <u>w/marinara 1 oz.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Corn ¼ c. Sliced Apple w/vit. C 1 ea 1% White Milk 6 oz.	10. <u>Tomato 1 sl. &amp; 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.	11. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> <u>Whl. Wht. Bun 1 ea.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
14. Build your own Burrito <u>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.	15. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Wht. Bun 1 ea. Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	16. <u>Vegetable Soup 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.	17. <u>Garden burger 1 ea. &amp; Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby Carrots 1.6 oz. Slice Apple w/vit. C 1 ea. 1% White Milk 6 oz.	18. <u>Vegetarian Chili ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
21. <u>WG Bean &amp; Cheese burrito 1 ea.</u> Baby Carrots 1.6 oz. Cantaloupe Chunk ½ c. 1% White Milk 6 oz.	22. <u>Garden burger 1 ea.</u> <u>w/grated Cheese 1.5 oz.</u> <u>On Whl Wht. Bun 1 ea</u> Pea & Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	23. <u>Split pea Soup ¾ c.</u> Mashed Potatoes ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	24. <u>Mac &amp; Cheese ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	25. <u>Spaghetti ½ c.</u> <u>w/marinara 1 oz.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
28. <u>Vegetarian Chili ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	29. <u>Vegetable Soup ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	30. <u>Garden burger 1 ea.</u> <u>w/grated Cheese 1.5 oz.</u> <u>Potato Salad ¼ c.</u> Sliced Apple w/vit C. ½ c 1% White Milk 6 oz.		Love fresh fruit & vegetables; say Thank You to a farm worker

This institution is an equal opportunity provider.



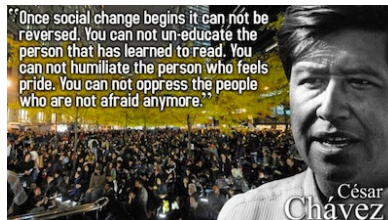
Plants need clean water



Care for California



Put fresh on your plate



is everyday



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.