





Vegetarian LUNCH MENU - October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. <u>Vegetarian Chill ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Veg Medley ¼ c. Apricots ½ c. 1% White Milk ½ pt. ea.	2. <u>Split Pea Soup ¾ c.</u> Brown Rice ½ c. Toss Salad w/carrots ½ c Diced Pears ½ c. 1% White Milk ½ pt. ea.
5. <u>Build your own Burrito</u> <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese 1.5 oz.</u> Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	6. <u>Vegetable soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl Wht. Dinner Roll 1ea Diced Pears ½ c. 1% White Milk ½ pt. ea.	7. <u>Garden Burger 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1 ea.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	8. <u>Mac &amp; Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Green Salad ½ c.</u> Whl Wht. Dinner Roll 1ea Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	9. <u>Cheese Lasagna ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Toss Salad w/carrot ½ c Applesauce ½ c. 1% White Milk ½ pt. ea.
12. Native American Remembrance Holiday 	13. <u>Spaghetti WG w/marinara</u> <u>sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Whl Steamed Carrots ¼ c Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	14. <u>Vegetarian Chill ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whlwh. Dinner Roll 1 ea Corn ¼ c. Sl. Apple w/vit C 1 pkg. 1% White Milk ½ pt. ea.	15. <u>Tomato &amp; Cheese 1.5 oz. On</u> <u>Whl Wht Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	16. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk ½ pt. ea.
19. <u>Build Your own Burrito</u> <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Cabbage & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk ½ c.	20. <u>Mac &amp; Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 ea. Pineapple tidbits ½ c. 1% White Milk ½ pt. ea.	21. <u>Vegetarian Chill ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi C salad w/Romain ½ c Whl Wht Bread 1 ea. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	22. <u>Garden Patty 1 ea. Cheese</u> <u>1.5 oz. On Whl Wht</u> <u>Bread 1 sl.</u> Baby Carrots 1.6 oz.pkg Sl. Apple w/vit C 1 pkg. 1% White Milk ½ pt. ea.	23. <u>Grill Cheese 1.5 oz. On Whl</u> <u>Wht bun 1 ea.</u> <u>w/tomato 1 sl.</u> Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk ½ pt. ea.
26. <u>WG Bean &amp; Cheese</u> <u>Burrito 1 ea.</u> Baby Carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk ½ c.	27. <u>Garden Patty 1 ea. Grated</u> <u>cheese 1.5 oz.</u> <u>On Whl. Wht Bun 1 ea.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk ½ pt. ea.	28. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	29. <u>Spaghetti WG w/marinara</u> <u>sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	30. <u>Vegetarian Chill ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk ½ pt. ea.

This institution is an equal opportunity provider.



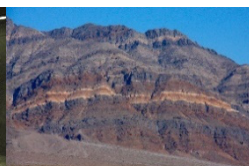
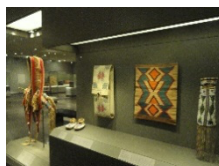
Plants need clean water



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.