





Vegetarian LUNCH MENU - November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. <u>Vegetarian Chili 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 ½ pt. ea.	3. <u>Mac & Cheese ½ 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 ½ pt. ea.	4. <u>Garden burger on a Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Sl. Apple w/vit C 1 pkg. 1% White Milk ½ pt. ea.	5. <u>Split Pea Soup ¾ c.</u> Whl. Wht. Bread 1 ea. Veg Medley ¼ c. Apricots ½ c. 1% White Milk ½ pt. ea.	6. <u>Vegetable Soup ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrots ½ c Diced Pears ½ c. 1% White Milk ½ pt. ea.
9. <u>Build your own Burrito</u> <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> <u>Toss Salad ½ c.</u> Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	10. <u>Garden burger on a Bun 1 ea.</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.	11. Holiday 	12. <u>Spaghetti WG w/marinara sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl Wht. Dinner Roll 1ea Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	13. <u>Cheese Lasagna ¾ c.</u> Toss Salad w/carrot ½ c Applesauce ½ c. 1% White Milk ½ pt. ea.
16. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Diced Pears ½ c. 1% White Milk ½ pt. ea.	17. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Pre. Cal. Vegetable ¼ c Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	18. <u>WG tortilla Chips 1 oz.</u> <u>Refried Beans ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Mild salsa .5 oz.</u> Corn ¼ c. Sl. Apple w/vit C 1 pkg. 1% White Milk ½ pt. ea.	19. <u>Tomato 1 sl. & Cheese 1.5 oz. On Whl Wht Bread 1 sl.</u> Green Salad ½ c. Tropical Fruit ½ c. 1% White Milk ½ pt. ea.	20. <u>Garden burger on a bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Parsley Potato ¼ c. Whl. Wht. Dinner roll 1 ea. Diced Peaches ½ c. 1% White Milk ½ pt. ea.
23. <u>Build Your own Burrito</u> <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 ½ pt. ea.	24. <u>Tomato 1 sl. & Cheese 1.5 oz. On Whl Wht Bread 1 sl.</u> Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	25. <u>Spaghetti WG w/marinara sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Corn Bread stuffing ½ c. Bkd Sweet Potato 1 ea. Mixed Fruit ½ c. 1% White Milk ½ pt. ea.	26. 	27. 
30. <u>WG Bean & Cheese Burrito 1 ea.</u> Baby Carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk ½ pt. ea.				

This institution is an equal opportunity provider.



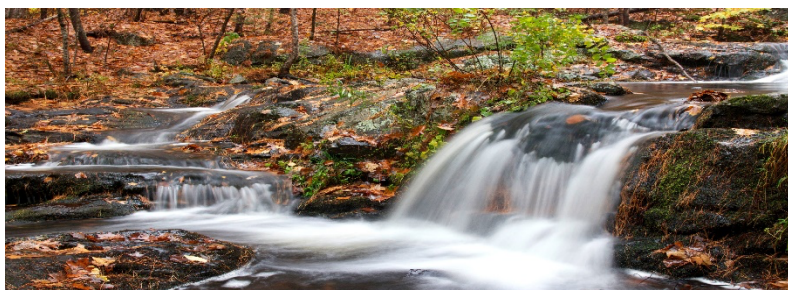
Plants need clean water



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	$\frac{3}{4}$ 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.