







Vegetarian FPC Lunch Menu - DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz. on</u> <u>Whl. Wht. Bread 1 ea.</u> Veg Medley ¼ c. Apricots ½ c. 1% White Milk ½ pt. ea.	2. <u>Vegetarian Chili 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.	3. Build your own Burrito WG Flour Tortilla 1 ea. Seas. Ground Beef ¼ c. Refried Beans ¼ c. Shred. Cheese ½ oz. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	4. <u>Cheese Lasagna 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>Tomato & 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>Vegetarian Chili 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.	9. <u>Cheese Lasagna ¾ c.</u> Toss Salad w/carrot ½ c Applesauce ½ c. 1% White Milk ½ pt. ea.	10. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	11. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz. on</u> Whl. Wht. Bread 1 ea. WhlSteamed Carrots ¼ c Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.
14. <u>Cheese Lasagna 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 1 sl. &</u> <u>Cheese 1.5 oz. On Whl Wht</u> <u>Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	16. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk ½ pt. ea.	17. <u>Build your own Burrito</u> <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¼ c.</u> <u>Grated Cheese 1.5 oz.</u> Cabbage & Cilantro ¼ c. Applesauce ½ c. 1% White Milk ½ pt. ea.	18. <u>Vegetarian Chili 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. CSPP <u>Vegetable Soup 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. CSPP <u>Tomato 1 sl. &</u> <u>Cheese 1.5 oz. ea.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby Carrots 1.6 oz. Sliced Apple w/vit.C 1 ea 1% White Milk ½ pt. ea.	23. CSPP <u>Garden Burger 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> <u>On a Whl. Wht. Bun 1 ea.</u> Potato Salad ¼ c. Diced Pears½ c. 1% White Milk ½ pt. ea.	24. 	25. 
28. CSPP <u>Bean & Cheese burrito 1 ea.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk ½ pt. ea.	29. CSPP <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Green Salad ½ c.</u> Whl. Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	30. CSPP <u>Mac & Cheese 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.	31. <u>Vegetable Soup 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	$\frac{3}{4}$ 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
Cheese Lasagna - Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	$\frac{3}{4}$ c.
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.