





Vegetarian FPC Lunch Menu - JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. HAPPY NEW YEAR
4. <u>Vegetarian Chili 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.	5. <u>Mac & Cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Steamed Carrots ¼ c. Apple Slices w/Vit. C 1ea 1% White Milk ½ pt. ea.	6. <u>Split Pea Soup ½ 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 ½ pt. ea..	7. <u>Tomato 1 sl. & Cheese 1.5 oz. On Whl Wht Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	8. <u>Cheese Lasagna ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk ½ pt. ea.
11. <u>Mac & 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	12. Build your own Burrito WG Flour Tortilla 1 ea. Seas. Ground Beef ¼ c. Refried Beans ¼ c. Shred. Cheese ½ oz. Cabbage & Cilantro ¼ c. Applesauce ½ c. 1% White Milk ½ pt. ea.	13. <u>Spaghetti WG ¾ c.</u> <u>w/marinara sauce</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Hi C Salad w/Romain ½ c. Diced Peaches ½ c. 1% White Milk ½ pt. ea.	14. <u>Grilled Cheese 2 oz. On Whl Wht Bread 1 sl.</u> Baby Carrots 1.6 oz. Apple Slices w/Vit. C 1ea 1% White Milk ½ pt. ea.	15. <u>Garden Burger 1 ea. On Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Diced Peas ½ c. 1% White Milk ½ pt. ea.
18. Holiday 	19. <u>Grilled Cheese 2 oz. On Whl. Wht. Bun 1 ea.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk ½ pt. ea.	20. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mash Potatoes ¼ c. Whl. Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	21. <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.	22. <u>Cheese Lasagna 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.
25. <u>Bean & Cheese Burrito 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk ½ pt. ea.	26. <u>Tomato 1sl. & 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.	27. <u>Garden Burger on a bun 1ea Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Apple Slices w/Vit. C 1ea 1% White Milk ½ pt. ea.	28. <u>Vegetarian Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Veg. Medley ¼ c. Apricots ½ c. 1% White Milk ½ pt. ea.	29. <u>Split Pea Soup ½ c.</u> <u>String Cheese 1.5 oz.</u> Brown Rice ½ c. Toss Salad w/carrot ½ c Diced Pears ½ c. 1% White Milk ½ pt. ea.

This institution is an equal opportunity provider.



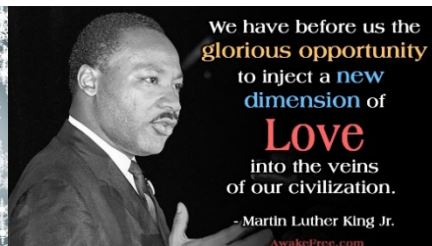
Plants need clean water



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.

