



Vegetarian Lunch - FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. Build your own Burrito <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 6 oz.</p>	<p>2. <u>Grilled Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 ea.</u> Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>3. <u>Egg Omelet 1 ea.</u> <u>Grated cheese 1.5 oz.</u> Hi C Salad w/ Romain ½ c. Whl. Wht. Bread 1 sl. Ea. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>4. <u>Tomato 1 sl. & Cheese 1.5 oz. On Whl Wht Bread 1 sl.</u> Baby Carrots 1.6 oz. Apple Sl w/vit C 1 pkg. 1% White Milk 6 oz.</p>	<p>5. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz on a bun 1 ea.</u> Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>8. Lincoln's Birthday Holiday </p>	<p>9. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Cucumber Salad ¼ c. Mix Fruit ½ c. 1% White Milk 6 oz.</p>	<p>10. <u>Egg Omelet 1 ea.</u> <u>Grated cheese 1.5 oz.</u> Mash Potatoes ¼ c. Whl.Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>11. <u>Spaghetti ¾ c.</u> <u>w/marinara sauce ¼ c.</u> <u>Grated cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>12. <u>Mac & cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>
<p>15. Holiday </p>	<p>16. <u>Vegetarian chili beans ¾ c. w/grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>17. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Brown Rice ½ c. Toss Sld. w/carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>18. <u>Spaghetti ¾ c.</u> <u>w/marinara sauce ¼ c.</u> <u>Grated cheese 1.5 oz.</u> Baby Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>19. <u>Garden Burger on a bun 1 ea.</u> <u>Cheese 1.5 oz.</u> Potato Salad ¼ c. Apple Slices w/Vit. C 1ea 1% White Milk 6 oz.</p>
<p>22. <u>Grilled Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 ea.</u> Mash Potatoes ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>23. <u>Egg Omelet 1 ea.</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Dinner Roll 1 ea. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>24. <u>Garden Burger on a bun 1 ea.</u> <u>Cheese 1.5 oz.</u> Vegetable Soup 4 oz. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>25. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> <u>On Whl. Wht. Bun 1ea.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>26. Build your own Burrito <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese 1.5 oz.</u> Toss Salad w/broc. ½ c. Diced Peaches ½ c. 1% White Milk 6 oz. CSPP only</p>

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.