

FPC Lunch Menu - APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spring Break 	Spring Break 	Spring Break 	1. CSPP - Spring Break <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese .5 oz.</u> Whl Wht Bread 1 sl. Baby Carrots 1.6 oz. Apple Sl w/vit C 1 pkg. 1% White Milk 6 oz.	2. CSPP - Spring Break <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
5. CSPP - Spring Break <u>WG Bean & Cheese 1.5 oz. burrito 1 ea.</u> Greenbeans ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	6. <u>Spaghetti WG</u> <u>w/marinara sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Steam Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	7. <u>Mac & cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl.Wht Dinner Roll 1 ea Corn ¼ c. Apple Sl w/vit C 1 pkg. 1% White Milk 6 oz.	8. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	9. <u>Cheese Lasagna ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
12. Build your own Burrito <u>WG 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 6 oz.	13. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese .5 oz.</u> Peas & Carrots ¼ c. Whl. Wht. Bread 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	14. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi C Saladw/Romain ½ c Whl. Wht. Bread 1 sl. Diced Peaches ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	15. <u>Mac & cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Baby Carrots 1 pkg. Apple Sl w/vit C 1 pkg. 1% White Milk 6 oz.	16. <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
19. <u>WG Bean & Cheese 1.5 oz. Burrito 1 ea.</u> Baby Carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk 6 oz.	20. <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. Bun 1 ea.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	21. <u>Spaghetti WG</u> <u>w/marinara sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mash Potato ¼ c. Whl. Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	22. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese .5 oz.</u> <u>WG Tortilla 1 ea.</u> Hi C Salad w/Romain ½ c Diced Peaches ½ c. 1% White Milk 6 oz.	23. <u>Mac & cheese ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Steam Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
26. <u>Spaghetti WG</u> <u>w/marinara sauce ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Baby Carrots 1.6 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	27. <u>Vegetable Soup ¾ 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 6 oz.	28. <u>Garden Burger 1 ea.</u> <u>On Whl. Wht. 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 6 oz.	29. <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ oz.</u> Veg. Medley ¼ c. Apricot ½ c. 1% White Milk 6 oz.	30. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese .5 oz.</u> <u>WG Tortilla 1 ea.</u> Toss salad w/carrots ½ c Diced Pears ½ c. 1% White Milk 6 oz.

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
Cheese Lasagna - Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	¾ c.
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.