







Vegetarian Lunch Menu - MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>Green salad ½ c.</u> Whl Wht Dinner Roll 1 ea Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>4. build your own burrito <u>WG. Flour Tortilla 1 ea.</u> <u>Refried Beans ¼ c.</u> <u>Shred. Cheese 1.5 oz.</u> <u>Cabbage & Cilantro ¼ c.</u> Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>5. <u>Garden Burger on Whl Wht Bun 1 ea.</u> <u>Grated cheese 1.5 oz.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>6. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> <u>Garden salad ½ c.</u> Cantaloupe chunks ½ c. 1% White Milk 6 oz.</p>	<p>7. <u>WG Cheese Lasagna ¾ c</u> <u>Toss Salad w/carrots ½ c</u> Applesauce ½ c. 1% White Milk 6 oz.</p>
<p>10. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Green beans ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>11. <u>Spaghetti ¾ w/marinara sauce ¼ c.</u> <u>Grated cheese 1.5 oz.</u> Whl Steam carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>12. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl Wht dinner roll 1 ea. Corn ¼ c. Honeydew chunks ½ c. 1% White Milk 6 oz.</p>	<p>13. <u>Tomato sl. & Cheese 1.5 oz.</u> <u>On Whl Wht Bread 1 sl.</u> <u>Vegetable soup ¾ c.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>14. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>
<p>17. 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>18. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Whl Wht Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>19. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi c salad w/Romain ½ c Whl.Wht. Bread 1 sl. Cantaloupe chunks ½ c. 1% White Milk 6 oz.</p>	<p>20. <u>Garden Burger on Whl Wht Bun 1 ea.</u> <u>Grated cheese 1.5 oz.</u> Baby carrots 1.6 oz. Sl. Apple w/Vit C 1 ea. 1% White Milk 6 oz.</p>	<p>21. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Green salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>24. <u>WG Beans & Cheese Burrito 1ea.</u> <u>Grated cheese 1.5 oz</u> Baby carrots 1.6 oz. Mixed Fruit ½ c. 1% White Milk 6 oz.</p>	<p>25. <u>Garden Burger 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.</p>	<p>26. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl Wht Bread 1 ea. Green salad ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>27. <u>Mac & Cheese ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Hi C salad w/Romain ½ c Honeydew chubks ½ c. 1% White Milk 6 oz.</p>	<p>28. Staff In-Service</p>
<p>31. </p>				

This institution is an equal opportunity provider.



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.
Cabbage & Cilantro– shredded	$\frac{1}{4}$ c.

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.