

Vegetarian Lunch Menu - JULY 2021

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> Hi C Salad w/Romain ½ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	2. <u>Mac & Cheese ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Steam Carrots ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
5. Holiday	6. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	7. <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. Sliced Apple pk. w/Vit. C 1 ea. 1% White Milk 6 oz.	8. <u>WG Cheese Lasagna ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 ea.</u> Veg. Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.	9. <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 6 oz.
12. <u>Spaghetti ¾ c or 1.5 oz.</u> <u>w/marinara 1 oz.</u> <u>w/grated cheese 1.5 oz.</u> Green Beans ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	13. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	14. build your own burrito <u>WG. Flour Tortilla 1 ea.</u> <u>Seas. Ground beef ¼ c.</u> <u>Refried Beans ¼ c.</u> <u>Shred. Cheese ¾ oz.</u> <u>Peas & Carrots ½ c.</u> Pineapple Tidbits ½ c. 1% White Milk 6 oz.	15. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> <u>WG Brown Rice ½ c.</u> <u>Green Salad ½ c.</u> Cantaloupe chunks ½ c. 1% White Milk 6 oz.	16. <u>Cheese 1.5oz. grated WG Cheese</u> <u>Lasagna ¾ c. or 1.5 oz.</u> Toss Salad w/carrot ½ c. Applesauce ½ c. 1% White Milk 6 oz.
19. <u>Vegetable Soup ¾ c.</u> <u>w/grated cheese 1.5 oz.</u> Green beans ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	20. <u>Mac & Cheese ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> Whl Steam carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	21. <u>Vegetarian Chili 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.	22. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	23. <u>Cheese Lasagna ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
26. <u>Build your own Burrito</u> <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ¾ c.</u> <u>Shred. Cheese ½ oz.</u> Cabbage & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	27. <u>Mac & Cheese ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> Peas & Carrots ½ c. Whl Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	28. <u>Spaghetti ¾ c. or 1.5 oz.</u> <u>w/marinara 1 oz.</u> <u>w/grated cheese 1.5 oz.</u> Hi c salad w/Romain ½ c <u>Whl. Wht. Bread 1 sl.</u> Cantaloupe chunks ½ c. 1% White Milk 6 oz.	29. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl.</u> Baby carrots 1.6 oz. Sl. Apple w/Vit. C 1 ea. 1% White Milk 6 oz.	30. <u>Garden Burger 1 ea.</u> <u>w/grated cheese 1.5 oz.</u> Whl. Wht. Bun 1 ea. Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.

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	¾ c.
Jack Cheese	1.5 oz.
Cheddar Cheese - Grated	1.5 oz.
String Cheese	1.5 oz.
Whole Wheat Flour Tortillas (small size)	1 ea.
Vegetarian Refried Beans	¾ 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. or 1.5 oz.
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	¾ 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. or 1.5 oz.
Macaroni & Cheese – Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	¾ c. or 1.5 oz.
Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese	¾ c. or 1.5 oz.
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	¼ c.
Green Salad - bag	½ 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 ½ ea. or Tortillas 1 ea. as the crust.