





Vegetarian Lunch Menu - October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. <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.
4. Build your own Burrito WG 6" Flour Tortilla 1 ea. Refried Beans 1/3 c. Shred. Cheese ½ oz. Cabbage & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	5. <u>Mac & cheese ¾</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	6. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Whl. Wht. Bread 1 sl. Cantaloupe Chunk ½ c. 1% White Milk 6 oz.	7. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Whl. Wht. Bread 1 sl. Baby Carrots 1.3 oz. Sl. Apple w/vit C 1 ea 1% White Milk 6 oz.	8. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz</u> On Wh. Wht. Bun 1 ea. Potato Salad ¼ c. Diced Peas ½ c. 1% White Milk 6 oz.
11. INDIGENOUS PEOPLE'S DAY 	12. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz</u> On Whl Wht Bun 1 ea. Peas & Carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	13. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Mashed Potatoes ¼ c. Whl Wht. Bread 1 sl. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	14. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Hi C Salad w/Romain ½ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	15. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Whl. Steamed Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
18. Build Your own Burrito WG 6" Flour Tortilla 1 ea. Refried Beans ⅓ c. Shred. Cheese ½ oz. Cabbage & Cilantro ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	19. <u>Tomato 1 sl. & Cheese 1.5 oz.</u> Green Salad ½ c. Whl. Wht. Bread 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	20. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz</u> <u>Whl. Wht. Bun 1 ea.</u> Potato Salad ¼ c. Sliced Apple pk.w/Vit. C 1 ea. 1% White Milk 6 oz.	21. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl Wht Bread 1 sl. Vegetable Medley ¼ c. Apricots ½ c. 1% White Milk 6 oz.	22. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> WG Brown Rice ½ c Toss Salad w/carrots ½ c Diced Peaches ½ c. 1% White Milk 6 oz.
25. <u>Vegetarian Chili ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Mashed Potato ¼ c. Whl. Wht. Dinner Roll 1 ea. Diced Peas ½ c. 1% White Milk 6 oz.	26. <u>Garden Burger 1 ea.</u> <u>Cheese 1.5 oz.</u> Whl Wht Bun 1 ea. Coleslaw w/carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	27. Build your own Burrito WG. 6" Flour Tortilla 1 ea. Seas. Ground Beef ¼ c. Refried Beans ¼ c. Shred. Cheese ½ oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	28. <u>Vegetable Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> WG Brown Rice ½ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	29. <u>Cheese Lasagna ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Toss Salad w/carrot ½ c. Applesauce 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	$\frac{3}{4}$ 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	$\frac{3}{8}$ 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. or 1.5 oz.
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	$\frac{3}{4}$ 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. or 1.5 oz.
Macaroni & Cheese – Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	$\frac{3}{4}$ c. or 1.5 oz.
Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese	$\frac{3}{4}$ 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	$\frac{1}{4}$ c.
Green Salad - bag	$\frac{1}{2}$ 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.

