




Vegetarian Lunch Menu – November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. <u>Vegetarian Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Green beans ¼ c. Diced Pears 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> Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	3. <u>Tomato 1 sl. & grated cheese 1.5 oz. on Whl. Wht. Bread 1 sl. or 1 oz.</u> Corn ¼ c. Honeydew Chunks ¼ c. 1% White Milk 6 oz.	4. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Green Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	5. <u>Tomato 1 sl. & grated cheese 1.5 oz. on Whl. Wht. Bread 1 sl.</u> Peas & Carrots ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.
8. Build Your own burrito <u>WG Flour Tortilla 1 ea.</u> <u>Refried Beans ½ c.</u> <u>Shred. Cheese ½ c.</u> Cabbage & Cilantro ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	9. <u>Split Pea Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Whl. Wht. Bread 1 ea. Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	10. <u>Garden burger on a bun 1 ea. or 1 oz. grated cheese 1.5 oz.</u> Hi C Sld w/Romain ½ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	11. Closed 	12. <u>Vegetarian Soup ¾ c.</u> <u>Grated Cheese 1.5 oz.</u> Brown Rice ½ c Potato Salad ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.
15. <u>Tomato 1 sl. & grated cheese 1.5 oz. on Whl. Wht. Bread 1 sl. or 1 oz.</u> Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	16. <u>Spaghetti WG ¾ c. or 1.5 oz.</u> <u>Grated cheese 1.5 oz.</u> Peas & Carrots ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	17. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> <u>Whl. Wht. Bread 1 sl. or 1 oz.</u> Pineapple Tidbits ½ c. 1% White Milk 6 oz.	18. <u>Garden burger on a bun 1 ea. or 1 oz. grated cheese 1.5 oz.</u> Hi C Sld w/Romain ½ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	19. <u>WG Cheese 1.5 oz. grated Lasagna ¾ c. or 1.5 oz.</u> Toss Salad w/carrot ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.
22. 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>Green salad ½ c.</u> Diced Peaches ½ c. 1% White Milk 6 oz.	23. <u>Mac & Cheese ¾ c. or 1.5 oz.</u> <u>Grated Cheese 1.5 oz.</u> Green Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	24. <u>Spaghetti WG ¾ c. or 1.5 oz.</u> <u>Grated cheese 1.5 oz.</u> Whl Wht dinner roll 1 ea. Potato Salad ¼ c. Sliced Apple w/vitc 1 ea. 1% White Milk 6 oz.	25. Closed 	26. Closed 
29. 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. Diced Pears ½ c 1% White Milk 6 oz.	30. <u>Vegetarian Chili ¾ c.</u> <u>Grated cheese 1.5 oz.</u> Whl Wht. Bread 1 sl. Coleslaw w/carrots ¼ c. Diced Peaches 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.