



FPC Vegetarian Lunch Menu - FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Build your own Burrito WG Flour Tortilla 1 ea. Refried Beans 1/3 c. Shred. Cheese 1.5 oz. Cabbage & Cilantro 1/4 c. Diced Peaches 1/2c. 1% White Milk 6 oz.	2. BBQ Chicken Thigh 1 ea. Tomato 1 sl. & Cheese 1.5 oz. Green Salad 1/2c. Whole Wheat Bread 1ea Tropical Fruit 1/2c. 1% White Milk 6oz.	3. Hamburger on a bun 1ea Garden Burger 1 ea. Cheese 1 sl. Potato Salad 1/4 c. Sliced Apple w/Vit. C 1ea 1% White Milk 6 oz.	4. Chicken Alfredo 3/4 c. Mac & Cheese 3/4 Grated cheese 1.5 oz. Hi C Salad w/Romain 1/2 c. Honeydew Chunks 1/2 c. 1% White Milk 6 oz.
7. Beef Meatloaf w/gry 1 ea Vegetarian Chili 3/4 c. Grated Cheese 1.5 oz. Mashed Potatoes 1/4 c. Whole Wheat Dinner Roll 1 ea. Diced Pears 1/2c. 1% White Milk 6oz.	8. BBQ Pork Rib B-Q Sand. Garden Burger 1 ea. Cheese 1 sl. On Whole Wheat Bun 1ea. Coleslaw w/carrots 1/4 c. Diced Peaches 1/2 c. 1% White Milk 6 oz.	9. Build Your Own Burrito WG 6" Flour Tortilla 1ea Seasoned Ground Beef 1/4 c Refried Beans 1/4 3/4 c. Shred. Cheese 1.5 oz Pineapple Tidbits 1/2c. 1% White Milk 6oz.	10. Chinese Chicken Stir Fry 3/4 c. Vegetable Soup 3/4 c. Grated Cheese 1.5 oz. WG Brown Rice 1/2cup Cantaloupe Chunks 1/2 c 1% White Milk 6 oz.	11. Mini Cheese Ravioli 5 ea. w/ Marinara Toss Salad w/carrot 1/2 c Applesauce 1/2 c. 1% White Milk 6oz.
14. 	15. Italian Chick Thigh 1ea Tomato 1 sl. & Cheese 1.5 oz. Whl Wheat Bread 1ea Whl Steamed Carrots 1/4 cup Pineapple Tidbits 1/2c. 1% White Milk 6oz.	16. Beef Salisbury Steak 1ea with gravy 1 oz Garden Burger 1 ea. Cheese 1 sl. Whole Wheat Dinner Roll 1 ea. Corn 1/4c Honeydew Chunks 1/2 c 1% White Milk 6oz.	17. Mac & Cheese 1/4 c. Green Salad 1/2c. Diced Peaches 1/2c. 1% White Milk 6oz.	18. WG Brd. Chicken Strips 3 ea. Vegetarian Chili 3/4 c. Grated Cheese 1.5 oz. Peas & Carrots 1/4c Tropical Fruit 1/2c. 1% White Milk 6 oz.
21. 	22. BBQ Pork Rib B-Q Sand. Garden Burger 1 ea. Cheese 1 sl. On Whl. Wht. Bun 1ea. Coleslaw w/carrots 1/2 c. Diced Peaches 1/2 c. 1% White Milk 6 oz.	23. Bk Chicken Drum. 1ea Mac & Cheese 3/4 Grated Cheese 1.5 oz. Hi C Salad w/Romain 1/2 c Whole Wheat Bread 1ea Cantaloupe Chunks 1/2 c 1% White Milk 6oz.	24. Turkey Salami 4sl & Tomato 1 sl. & Cheese 1.5 oz. On Wheat Bread 1 sl. Baby Carrots 1.3 oz Sliced Apple w/vitc 1ea 1% White Milk 6oz	25. Mini Cheese Ravioli 5 ea. w/ Marinara Toss Salad w/carrot 1/2 cup Diced Pears 1/2c. 1% White Milk 6oz.
28. BBQ Chicken Thigh 1 ea. Mac & Cheese 3/4 Grated Cheese 1.5 oz. Peas & Carrots 1/2 c. Whole Wheat Bread 1 ea. Pineapple Tidbits 1/2 c. 1% White Milk 6 oz.				

This institution is an equal opportunity provider.

