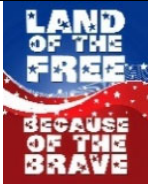



Vegetarian Lunch Menu- May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. <u>Mini Cheese Ravioli ¾ c. w/ Marinara</u> BBQ Chick. Drum. 1ea Whole Wheat Dinner Roll 1 ea. Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>3. <u>Garden Burger 1 ea.</u> Hamburger on a WG Bun Cheese 1 sl. Potato Wedges ¼ c. Sliced Apple- 1 ea. 1% White Milk 6 oz.</p>	<p>4. <u>WG Bean & Cheese Burrito - 1 ea.</u> WG Brd. Chicken Strips- 3ea. Broccoli ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>5. <u>Mac & Cheese - ¾ c.</u> Turkey Ham 6 sl & Chz <u>3 sl.</u> WW Bread 1 slice Baby Carrots 1.6 oz. pk Oranges 1 ea. 1% White Milk 6 oz.</p>	<p>6. <u>Tomato 1 sl. & Cheese - 1.5 oz.</u> Beef Pepper Steak 1ea w/gravy Veg. Medley ¼ c Whl. Wheat Dinner Roll 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>9. <u>Build Your Own Chicken Wrap</u> WG 6" Flour Tortilla 1 ea. Chkn Strips 2 oz. Shred. Cheese <u>1 oz.</u> Shredded Lettuce ¼ c Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>10. <u>Vegetable Soup- ¾ c.</u> <u>Grated Cheese - 1.5 oz.</u> Chinese Chicken Stir Fry ¾ cup WG Brown Rice ½ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.</p>	<p>11. <u>Garden Burger 1 ea.</u> Beef Patty 1ea On Whole Wheat Bun 1 ea. Cheese 1 sl. Potato Salad ¼ C Apricots ½ c. 1% White Milk 6 oz.</p>	<p>12. <u>WG Bean & Cheese Burrito - 1 ea.</u> BBQ Chick Thigh 1ea Peas & Carrots ¼ c Din. Roll 1ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>13. <u>Mini Cheese Ravioli ¾ c. w/ Marinara</u> Mini Raviolis 5 ea. w/ cheese & marinara Toss Sld w/carrot ¼ c. Oranges 1 ea. 1% White Milk 6 oz.</p>
<p>16. <u>ok to serve</u> WG Bean & Cheese burrito 1 ea. Baby carrots 1.6 oz pk Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>17. <u>Mac & Cheese - ¾ c.</u> Beef Mtloaf w/grv 1ea. Mashed Potatoes ¼ c. Whole Wheat Dinner Roll 1 ea. Apple Slices- 1 ea. 1% White Milk 6 oz.</p>	<p>18. <u>Vegetable Soup- ¾ c.</u> <u>Grated Cheese - 1.5 oz.</u> Bk Chicken Drum. 1ea WW Bread 1 sl. Broccoli ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>19. <u>Garden Burger 1 ea.</u> Turkey Breast 6sl. WW Bread 1 sl. Cheese 1 sl. Baby Carrots 1.6oz. pk Pineapple Tidbits ½ c 1%White Milk 6 oz.</p>	<p>20. <u>Spaghetti ¾ c. w/ marinara sauce ¼ c.</u> <u>Grated Cheese 1.5 oz.</u> Spaghetti w/ meat sauce ¾ c. Hi C Sldw /Romain ¼ c Honeydew Chunks ½ cup 1% White Milk 6 oz.</p>
<p>23. WG 6" Flour Tortilla 1ea Seasoned Ground Beef 2 oz. Refried Beans 1/3c Shred. Cheese <u>1 oz.</u> Cabbage and Cilantro ¼ c Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>24. <u>Tomato 1 sl. & Cheese - 1.5 oz.</u> Beef Salisbury Steak 1- ea. w/ gravy 1 oz. WW Dinner Roll 1ea Corn ¼ c. Oranges 1 ea. 1% White Milk 6 oz.</p>	<p>25. <u>Garden Burger 1 ea.</u> Italian Chick Thigh 1ea Whole Wheat WG Bread 1 sl. Broccoli ¼ c Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>26. <u>ok to serve</u> Mac & Cheese ¾ c. Veg. Medley ¼ c. Sliced Apple- 1 ea. 1% White Milk 6 oz.</p>	<p>27. <u>Vegetable Soup- ¾ c.</u> <u>Grated Cheese - 1.5 oz.</u> Chicken Meatballs 2ea. w/gravy 1 oz WG Brown Rice ½ cup. Toss Sld w/carrot ¼ cup Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>30. </p>	<p>31. <u>Garden Burger 1 ea.</u> Beef Patty 1ea On Whole Wheat Bun 1 ea. Cheese 1 sl. Potato Salad ¼ C Cantaloupe Chunks ½ c. 1% White Milk 6 oz.</p>	<p></p>	<p></p>	<p></p>

This institution is an equal opportunity provider



Plants need clean water  Care for California



Put fresh on your plate

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.
Buitoni Four Cheese Ravioli 20 oz. and +1.5 oz grated cheese.	¾ c. + 1.5 oz.
Macaroni & Cheese – Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	¾ c. + 1.5 oz.
Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese	¾ c. + 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.

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.

