



Fresno EOC
Head Start
0 to 5

Early Care
&
Education



Vegetarian LUNCH MENU – APRIL 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p>3. <u>Macaroni and Cheese</u> <u>¾ c. + 1.5 oz.</u> <u>Shredded Cheese</u> Bk Chicken Drum. 1ea Whl. Wht Bread 1 sl. Broccoli 1/4c Orange (138ct) 1ea. 1% White Milk 6oz.</p> | <p>4. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Beef Meatloaf w/grv 1ea. Deluxe Mashed Potatoes ¼ c. Whole Wheat Bread 1 sl. Apricots ½ c 1% White Milk 6oz.</p> | <p>5. <u>Cheese Lasagna ¾ c. + 1</u> <u>oz. Shredded Cheese</u> Whl Grain Chicken Bowtie w/pesto sauce ¾ c. Jicama Sticks ½ c. Diced Pears ½ c. 1% White Milk 6oz.</p> | <p>6. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Beef Patty 1ea On Whole Wheat Bun 1 ea. Shredded Lettuce ¼ c Cheese 1 sl. Potato Salad ¼ C Mixed Fruit ½ c. 1% White Milk 6oz.</p> | <p>7. WG Vegetarian Enchilada Casserole 3/4c. Toss Sld w/carrot 1/2cup Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p> |
| <p>10. <u>Broccoli and</u> <u>Cauliflower Grated ¾ c.</u> <u>Shredded Cheese 1.5</u> <u>oz.</u> Chinese Chicken Stir Fry ¾ cup WG Brown Rice 1/2c Diced Pears 1/2c. 1% White Milk 6oz.</p> | <p>11. Cheesy Pasta Casserole ¾ c. Italian Veg. 1/4 c. Diced Peaches ½ c. 1% White Milk 6oz.</p> | <p>12. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Beef Patty 1ea On Whole Wheat Bun 1 ea. Shredded Lettuce ¼ c Cheese 1 sl. Potato Salad ¼ C Sliced Apple 2oz. 1pk 1% White Milk 6oz.</p> | <p>13. <u>Cheese Lasagna ¾ c. +</u> <u>1.5 oz. shredded Cheese</u> Chicken Fajita 3oz. w/ BBQ sauce on Bun 1ea. Broccoli ¼ c. Mixed Fruit ½ c. 1% White Milk 6oz.</p> | <p>14. Vegetable Chili ¾ c. WW Bread 1 sl. Toss Sld w/carrot ½ c Pineapple Tidbits ½ c. 1% White Milk 6oz.</p> |
| <p>17. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Chicken Meatballs 2ea. w/gravy 1 oz Whl Wht Dinner Roll 1 ea. Broccoli 1/4c Orange (138ct) 1ea. 1% White Milk 6oz.</p> | <p>18. <u>Cheese Sandwich</u> Turkey breast 6 sl. Cheese Slices 1.5 oz. (2 sl.) WW Brd 1 sl. Baby Carrots 2.6oz pkt Diced Peaches ½ c. 1% White Milk 6oz.</p> | <p>19. WGBean & Cheese burrito 1 ea. Jimana Sticks ½ c. Mixed Fruit ½ c. 1% White Milk 6oz.</p> | <p>20. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Bk Chicken Drum. 1ea Whole Wheat Dinner Roll 1 ea. Steamed carrots sliced ¼ c. Apricots ½ c. 1% White Milk 6oz.</p> | <p>21. <u>Cheese Lasagna ¾ c. +</u> <u>1.5 oz. Shredded Cheese</u> Spaghetti w/ meatsauce, bellpepper&mushrm ¾ c. Hi C Sldw/Romain ½ c Applesauce ½ c. 1% White Milk 6oz.</p> |
| <p>24. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> Beef Salisbury Steak 1ea. W/ gravy 1 oz Whl. Wht. Dinner Roll 1 ea. Broccoli ¼ c Diced Peaches ½ c. 1% White Milk 6oz.</p> | <p>25. <u>Bean and Cheese Burrito</u> <u>1 ea.</u> WG 6" Flour Tortilla 1 ea Chkn Fajita 3oz. Shred. Cheese ½ oz. Shredded Lettuce ½ c. Diced Pears ½ c. 1% White Milk 6oz.</p> | <p>26. <u>Macaroni and Cheese ¾</u> <u>c. + 1.5 oz. Shredded</u> <u>Cheese</u> Mac & Cheese w/ Beef Grumble ¾ c. Toss Sld w/carrot ½ c Apricots ½ c. 1% White Milk 6oz</p> | <p>27. <u>Cheese Sandwich</u> Turkey Ham 6sl & Chz 1sl Whl Wht. Bread 1 sl. Baby Carrots 2.6 oz Mixed Fruit ½ c. 1% White Milk 6oz.</p> | <p>28. <u>Garden Burger 1 ea. +</u> <u>Cheese slices 1 sl.</u> BBQ Pork Rib B-Q Sand. On Whl Wht Bun 1 ea. Coleslaw ¼ c. Diced Peaches ½ c. 1% White Milk 6oz.</p> |

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