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Education

## Vegetarian Lunch Menu – October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Chicken Meatballs 2 ea. w/gravy 1 oz <b>Vegetable Chili ¾ c.</b> Whole Wheat Dinner Roll 1 ea. Calif. Mix Veg. ¼ c. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>3. Beef Pepper Steak 1 ea w/gravy, onions &amp; bell-pepper <b>Macaroni and Cheese ¾ c. + 1.5 oz. cheese</b> Shredded Lettuce ¼ c WW Bread 1 sl. Baby Carrots 2.6oz pkt Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>4. Spaghetti w/ meat sauce, bell pepper &amp; mushroom ¾ c. <b>Spaghetti ¼ c. ea. = 1.5 oz cheese</b> Hi C Salad ½ c. Mixed Fruit ½ c. 1% White Milk 6 oz.</p>	<p>5. Hamburger— <b>Garden Burger 1 ea.</b> on WG Bun w/ cheese 1 sl. Shredded Lettuce ¼ c Potato salad ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>6. Turkey breast 6 sl. w/ ehz-on WW Brd 1 sl. <b>WG Bean &amp; Cheese Burrito 1 ea.</b> Shredded Lettuce ¼ c Jicama sticks ½ c. Apple 1 ea. 1% White Milk 6 oz.</p>
<p>9.</p> 	<p>10. Chicken Thigh 1 ea. w/ Mushroom sauce <b>Macaroni and Cheese ¾ c. + 1.5 oz. cheese</b> WW Bread 1 sl. Hi C Salad ½ c. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>11. WG Beef Stroganoff ¾ c. <b>Vegetable Pea Soup ¾ c. w/ 1.5 oz. grated cheese w/ Whl. Wht. Bread 1 sl.</b> Peas &amp; Carrots ¼ c. Apricots ½ c. 1% White Milk 6 oz.</p>	<p>12. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. Chkn Fajita Strips 3 oz. <b>Refried Beans 3/8 c.</b> Shred. Cheese ½ oz. Shred. Lettuce ½ c. Mixed Fruit ½ c. 1% White Milk 6 oz.</p>	<p>13. BBQ Pork Rib-B-Q Sand. On WW Bun 1 ea. <b>Grilled Cheese Sandwich 1 ea.</b> Coleslaw ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>16. Chinese Chicken Stir Fry ¾ c. <b>Vegetable Soup ¾ c Grated Cheese 1.5 oz.</b> WW Dinner Roll 1 ea. Orange 1 ea. 1% White Milk 6 oz.</p>	<p>17. Beef Enchilada Cass. ¼ c. <b>Macaroni and Cheese ¾ c. + 1.5 oz. cheese</b> Baby Carrots 2.6oz pkt Apple 1 ea. 1% White Milk 6 oz.</p>	<p>18. Hearty Braised Beef &amp; Veg- ¾ c. <b>Vegetable Chili ¾ c.</b> WW Dinner Roll 1 ea. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.</p>	<p>19. Hamburger— <b>Garden Burger 1 ea.</b> on WG Bun w/ cheese 1 sl. Shredded Lettuce ¼ c Calif. Mix Veg. ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>20. WG Brd. Chicken Strips 3 ea. WW Bread 1 sl. <b>Grilled Cheese Sandwich 1 ea.</b> Jicama sticks ½ c. Mixed fruit ½ c. 1% White Milk 6 oz.</p>
<p>23. WG Bean &amp; Cheese burrito 1 ea. Baby Carrots 1.6 oz Orange 1 ea. 1% White Milk 6 oz.</p>	<p>24. Beef Mtloaf w/grv 1 ea. Deluxe <b>Garden Burger 1 ea</b> Mashed Potatoes ¼ c. WW Dinner Roll 1 ea. Apricots ½ c. 1% White Milk 6 oz.</p>	<p>25. Whl Grain Chicken Bowtie w/pesto sauce 3/4 cup <b>Vegetable Pea Soup ¾ c. w/ 1.5 oz. grated cheese w/ Whl. Wht. Bread 1 sl.</b> Veg. Medley ¼ c Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>26. Turkey breast 6 sl. w/ ehz-on WW Brd 1 sl. <b>Grilled Cheese Sandwich 1 ea.</b> Shredded Lettuce ¼ c Jicama sticks ¼ c. Mixed fruit ½ c. 1% White Milk 6 oz.</p>	<p>27. Bk Chicken Drum. 1 ea <b>Vegetarian Chili Beans ¾ c.</b> WW Dinner Roll 1 ea. Steamed carrots, sliced ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>30. Vegetable Chili ¾ c. WW Bread 1 ea. Peas &amp; Carrots ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>31. Beef Salisbury Steak 1 ea. w/ gravy 1 oz <b>Macaroni and Cheese ¾ c. + 1.5 oz. cheese</b> WW Dinner Roll 1 ea. Broccoli ¼ c Orange 1 ea. 1% White Milk 6 oz.</p>			

This institution is an equal opportunity provider.  
Plants need clean water. Care for California. Put fresh fruits and vegetables on your plate.





Vegetarian Lunch Grocery List

<b>Vegetarian items</b>	<b>Serving size per child</b>
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.
Spaghetti - Whole Wheat spaghetti noodles, red tomato sauce	¼ c.
Vegetable Soup - must be served with 1.5 oz. of fresh grated cheese	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.
Pinto Beans	¼ c.
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.