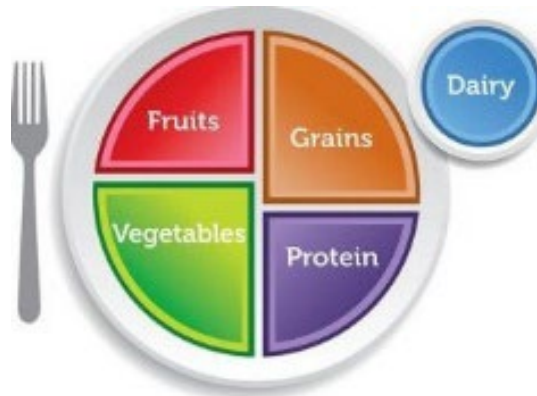


Vegetarian Lunch Menu - May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Bean & Cheese burrito 1 ea. Baby Carrots 2.6 oz pkt Tropical Fruit ½ c. 1% White Milk 6oz.	2 Garden Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/2c Celery Sticks 1/2 c. Honeydew Chunks 1/2 cup 1% White Milk 6oz.	3 Grilled Cheese Sandwich 1 ea. WG Brd. Chicken Strips 3ea. WW Bread 1 sl. Peas & Carrots 1/4c Apricots 1/2c. 1% White Milk 6oz.
6 Spaghetti 1.5 oz Marinara Sauce 1/4c Beef Pepper Steak 1ea w/gravy, onions & bell peppers WW Dinner Roll 1 ea. *+Calif. Mix Veg. 1/2c. Apple, Fresh 1ea. 1% White Milk 6oz.	7 Vegetable Chili 3/4 c. Chicken Thigh 1ea w/Mushroom Sauce WW Bread 1 sl. Hi C Salad 1/2c Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.	8 Garden Burger 1 ea. BBQ Pork Rib B-Q Sand. on WW Bun 1 ea. Coleslaw 1/4c. Tropical Fruit 1/2c. 1% White Milk 6oz.	9 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Vegetarian Refried beans ¾ c. Chicken Strips 3 oz. Shred. Cheese 1/2 oz. Shredded Lettuce 1/4c Celery Sticks 1/2 c. Orange, Fresh 1 ea. 1% White Milk 6oz.	10 Grilled Cheese Sandwich 1 ea. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Baby Carrots 2.6oz pkt Pineapple Tidbits 1/2c. 1% White Milk 6oz.
13 WG Bean & Cheese burrito 1 ea. Bk Chicken Drum. 1ea WW Bread 1 sl. *+Calif. Mix Veg. 1/2c. Tropical Fruit 1/2c. 1% White Milk 6oz.	14 Garden Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Honeydew Chunks 1/2 cup 1% White Milk 6oz.	15 Spaghetti 1.5 oz Marinara Sauce 1/4c Beef Salisbury Steak 1ea. WW Dinner Roll 1 ea. Hi C Salad 1/2c Apricots 1/2c. 1% White Milk 6oz.	16 Grilled Cheese Sandwich 1 ea. Turkey Ham 6sl & Chz 1sl on WW Brd 1 sl. Shredded Lettuce 1/4c Jicama Sticks 1/4 c. Apple, Fresh 1ea. 1% White Milk 6oz.	17 Vegetable Chili 3/4 c. Beef Meatloaf w/gravy 1ea WW Dinner Roll 1 ea. Veg. Medley 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.
20 Vegetable Chili 3/4 c. Chinese Chicken Stir Fry 3/4 cup WW Bread 1 sl. Diced Peaches 1/2c. 1% White Milk 6oz.	21 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Vegetarian Refried beans ¾ c. Chicken Strips 3 oz. Shred. Cheese 1/2 oz. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Apricots 1/2c. 1% White Milk 6oz.	22 Spaghetti 1.5 oz Marinara Sauce 1/4c WW Chicken Bowtie w/pesto sauce 3/4 cup WW Dinner Roll 1 ea. Hi C Salad 1/2c Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.	23 Garden Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/4c Celery Sticks 1/4 c. Tropical Fruit 1/2c. 1% White Milk 6oz.	24 Grilled Cheese Sandwich 1 ea. WG Brd. Chicken Strips 3ea. WW Brd. 1 sl. Jicama Sticks 1/4 c. Apple, Fresh 1ea. 1% White Milk 6oz.
27 	28 Vegetable Chili 3/4 c. Corn Muffin 1ea Peas & Carrots 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.	29 Spaghetti 1.5 oz Marinara Sauce 1/4c Santa Fe Chicken Thigh 1ea. WW Dinner Roll 1 ea. Hi C Salad 1/2c Honeydew Chunks 1/2 cup 1% White Milk 6oz.	30 Grilled Cheese Sandwich 1 ea. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Shredded Lettuce 1/4c Jicama Sticks 1/4 c. Apricots 1/2c. 1% White Milk 6oz.	31 WG Bean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Diced Peaches 1/2c. 1% White Milk 6oz.

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	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.
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.