






Vegetarian Lunch Menu – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vegetable Chili 3/4 c. Corn Muffin (1.5oz) Peas & Carrots 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.
4 Spaghetti 1.5 oz Marinara Sauce 1/4c Chinese Chicken Stir Fry 3/4 cup WW Bread 1 sl. Tropical Fruit 1/2c. 1% White Milk 6oz.	5 WGBean & Cheese burrito 1 ea. Corn 1/4c Mandarin Oranges 1/2c 1% White Milk 6oz.	6 Grilled Cheese Sandwich 1 ea. Chicken Patty w/ gravy 1 ea. WWDinner Roll 1 ea. Hi C Salad 1/2c Apricots 1/2c. 1% White Milk 6oz.	7 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Refried Beans ¼ c. Chicken Strips 3 oz. Shred. Cheese 1/2 oz. Shredded Lettuce 1/2c Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.	8 Garden Veggie Burger 1 ea. Beef Meatloaf w/gravy 1ea WWDinner Roll 1 ea. Veg. Medley 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.
11 VETERAN'S HOLIDAY	12 Spaghetti 1.5 oz Marinara Sauce 1/4c Blk Chicken Drum. 1ea WWDinner Roll 1 ea. Baby Carrots 2.6oz pkt Apricots 1/2c. 1% White Milk 6oz.	13 Grilled Cheese Sandwich 1 ea. Beef Pepper Steak 1ea w/gravy, onions & bellpepp *+Calif. Mix Veg. 1/4c. WWDinner Roll 1 ea. Tropical Fruit 1/2c. 1% White Milk 6oz.	14 Garden Veggie Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Hi C Salad 1/2c Orange, Fresh 1 ea. 1% White Milk 6oz.	15 Mac & Cheese ¼ c. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Shredded Lettuce 1/4c Cucumber Coins 1/4 c. Honeydew Chunks 1/2 cup 1% White Milk 6oz.
18 Spaghetti 1.5 oz Marinara Sauce 1/4c Santa Fe Chicken Thigh 1ea. WG Brown Rice 1/4cup Baby Carrots 2.6oz pkt Mandarin Oranges 1/2c 1% White Milk 6oz.	19 WGBean & Cheese burrito 1 ea. Peas & Carrots 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6oz.	20 Grilled Cheese Sandwich 1 ea. WW Chicken Bowtie w/pesto sauce 3/4 cup Hi C Salad 1/2c WWDinner Roll 1 ea. Diced Peaches 1/2c. 1% White Milk 6oz.	21 Garden Veggie Burger 1 ea. Turkey Ham 6sl & Chz 1sl on WW Brd 1 sl. Shredded Lettuce 1/4c Cucumber Coins 1/4 c. Honeydew Chunks 1/2 cup 1% White Milk 6oz.	22 Mac & Cheese ¼ c. WG Brd. Chicken Strips 3ea. Baby Carrots 2.6oz pkt Tropical Fruit 1/2c. 1% White Milk 6oz.
25 Spaghetti 1.5 oz Marinara Sauce 1/4c Chicken Meatballs 3ea. w/ gravy WWDinner Roll 1 ea. *+Calif. Mix Veg. 1/4c. Pineapple Tidbits 1/2c. 1% White Milk 6oz.	26 Grilled Cheese Sandwich 1 ea. Beef Salisbury Steak 1ea with gravy 1 oz WW Bread 1 sl. Veg. Medley 1/4c Diced Peaches 1/2c. 1% White Milk 6oz.	27 Garden Veggie Burger 1 ea. Chicken Thigh 1ea w/ Mushroom Sauce WG Brown Rice 1/4cup Hi C Salad 1/2c Honeydew Chunks 1/2 cup 1% White Milk 6oz.	28 THANKSGIVING HOLIDAY 	29 THANKSGIVING HOLIDAY





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.
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.

This institution us an equal opportunity provider
Vegetarian Lunch Grocery List

Purchase only those items that are on this month menu.