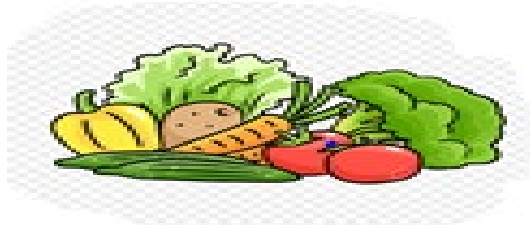


## Vegetarian Lunch Menu –January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1  New Years Day	2 <b>Build Your Own Burrito</b> <b>WG 6" Flour Tortilla 1 ea.</b> <b>Refried Beans ½ c.</b> <b>Shredded Cheese ½ oz.</b> Shredded Lettuce ½ c. Apricots ½ c. 1% White Milk 6 oz.	3 <b>Vegetarian Chili Beans</b> ¾ Chicken Thigh 1 ea. w/ Mushroom Sauce WW Bread 1 sl. Baby Carrots 2.6 oz. Tropical Fruit ½ c. 1% White Milk 6 oz.
6 <b>WG Bean &amp; Cheese Burrito 1 ea.</b> California Mix Vegetables ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.	7 <b>Grilled Cheese Sandwich 1 ea.</b> Chicken Patty w/ Gravy 1 ea. WW Bread 1 sl. Baby Carrots 2.6 oz. pkt. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	8 <b>Garden Veggie Burger 1 ea.</b> BBQ Pork Rib B-Q Sandwich on WW Bun 1 ea. Hi C Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	9 <b>Buitoni Four Cheese Ravioli ¾ c. + Grated Cheese 1 oz.</b> WG Brd. Chicken Strips 3 ea. WW Bread 1 sl. Cucumber Coins ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	10 <b>Vegetable Chili ¾ c.</b> <b>Corn Muffin 1.5 oz.</b> Peas & Carrots ¼ c. Apricots ½ c. 1% White Milk 6 oz.
13 <b>Buitoni Four Cheese Ravioli ¾ c. + Grated Cheese 1 oz.</b> Chinese Chicken Stir Fry ¾ c. WW Bread 1 sl. Tropical Fruit ½ c. 1% White Milk 6 oz.	14 <b>Grilled Cheese Sandwich 1 ea.</b> Turkey Breast 6 sl. w/ Chz on WW Brd 1 sl. Shredded Lettuce ¼ c. Baby Carrots 2.6 oz. pkt. Mandarin Oranges ½ c. 1% White Milk 6 oz.	15 <b>Garden Veggie Burger 1 ea.</b> Beef Meatloaf w/ Gravy 1 ea. WW Dinner Roll 1 ea. Vegetable Medley ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	16 <b>Build Your Own Chicken Wrap</b> <b>WG 6" Flour Tortilla 1 ea.</b> <b>Minute Brown Rice ¼ c.</b> <b>Chicken Strips 3 oz.</b> <b>Shredded Cheese 1.5 oz.</b> Shredded Lettuce ¼ c. Cucumber Coins ½ c. Apricots ½ c. 1% White Milk 6 oz.	17 <b>Buitoni Four Cheese Ravioli ¾ c. + Grated Cheese 1 oz.</b> chicken Bowtie w/ Pesto Sauce ¾ c. WW Dinner Roll 1 ea. Hi C Salad ½ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.
20  Martin Luther King Jr. Day	21 <b>Garden Veggie Burger 1 ea.</b> Beef Pepper Steak 1 ea. w/ Gravy, Onions & Bell Peppers WW Dinner Roll 1 ea. Peas & Carrots ¼ c. Tropical fruit ½ c. 1% White Milk 6 oz.	22 <b>Bean and Cheese Burrito 1 ea.</b> Chicken Patty w/ Gravy 1 ea. WW Bread 1 sl. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	23 <b>Garden Veggie Burger 1 ea.</b> Hamburger on a WG Bun w/ cheese 1 sl. Baby Carrots 2.6 oz. Fresh Orange 1 ea. 1% White Milk 6 oz.	24 <b>Grilled Cheese Sandwich 1 ea.</b> Turkey Ham 6 sl. & Chz 1 sl. on WW Brd 1 sl. Shredded Lettuce ¼ c Cucumber Coins ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.
27 <b>Vegetarian Chili Beans ¾ c.</b> Santa Fe Chicken Thigh 1 ea. WG Brown Rice ¼ c. Baby Carrots 2.6 oz. pkt. Mandarin Oranges ½ c. 1% White Milk 6 oz.	28 <b>WG Bean &amp; Cheese Burrito 1 ea.</b> Peas & Carrots ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	29 <b>Spaghetti 3/4 c. ea. + 1.5 oz shredded cheese</b> <b>Marinara sauce ¼ c.</b> WG Spaghetti w/ Meat Sauce, Bell Pepper & Mushroom ¾ c. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	30 <b>Garden Veggie Burger 1 ea.</b> WG Brd. Chicken Strips 3 ea. WW Bread 1 sl. Cucumber Coins ¼ c. Honeydew Chunks ½ c. 1% White Milk 6 oz.	31 <b>Grilled Cheese Sandwich 1 ea.</b> Turkey breast 6 sl. w/ Chz on WW Brd 1 sl. Shredded Lettuce ¼ c. Baby Carrots 2.6 oz. pkt. Tropical Fruit ½ c. 1% White Milk 6 oz.

This organization is an equal opportunity provider.





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.
<b>Vegetarian Chili Beans</b>	<b>¾ c.</b>
<b>Minute Brown Rice</b>	<b>¼ c.</b>
<b>WG Bean and Cheese Burrito</b>	<b>1 ea.</b>
<b>Jack Cheese</b>	<b>1.5 oz.</b>
<b>Cheddar Cheese – Grated/Shredded</b>	<b>1.5 oz.</b>
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.
<b>Garden Veggie Burger – needs 1.5 oz. fresh grated cheese</b>	<b>1 ea.</b>
<b>Spaghetti – Whole Wheat spaghetti noodles + marinara sauce</b>	<b>¾ c. + ¼ c</b>
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.
<b>Buitoni Four Cheese Ravioli 20 oz. and +1.5 oz grated cheese.</b>	<b>¾ c. + 1.5 oz.</b>
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.