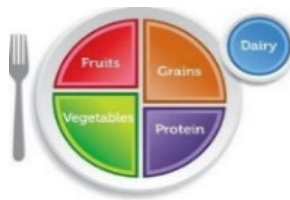




Vegetarian Lunch Menu – November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. WG Bean & Cheese burrito 1 ea. Calif. Mix Veg. 1/4c. Mandarin Oranges 1/2c 1% White Milk 6 oz.	3. Garden Veggie Burger 1 ea. Chicken Patty w/ gravy 1 ea. WW Bread 1 sl. Baby Carrots 2.6oz pkt Cantaloupe Chunks 1/2 cup 1% White Milk 6 oz.	4. Spaghetti ¼ c. ea. = 1.5 oz cheese BBQ Pork Rib B-Q Sand. on WW Bun 1 ea. Hi C Salad 1/2c Tropical Fruit 1/2c. 1% White Milk 6 oz.	5. Grilled Cheese Sandwich 1 ea. WG Brd. Chicken Strips 3ea. WW Bread 1 sl. Cucumber Coins 1/4 c. Apricots 1/2c. 1% White Milk 6 oz.	6. Vegetable Chili 3/4 c. Corn Muffin (1.5oz) Peas & Carrots 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6 oz.
9. Vegetable Chili 3/4 c. Chinese Chicken Stir Fry 3/4 cup WW Bread 1 sl. Tropical Fruit 1/2c. 1% White Milk 6 oz.	10. Grilled Cheese Sandwich 1 ea. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Mandarin Oranges 1/2c 1% White Milk 6 oz.	11. Garden Veggie Burger 1 ea. WW Chicken Bowtie w/pesto sauce 3/4 cup WW Dinner Roll 1 ea. Hi C Salad 1/2c Honeydew Chunks 1/2 cup 1% White Milk 6 oz.	12. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Refried Beans 3/8 c. Chicken Strips 3 oz. Shred. Cheese 1/2 oz. Shredded Lettuce 1/4c Cucumber Coins 1/2 c. Apricots 1/2c. 1% White Milk 6 oz.	13. Spaghetti ¼ c. ea. = 1.5 oz cheese Beef Meatloaf w/gravy 1ea WW Dinner Roll 1 ea. Veg. Medley 1/4c Pineapple Tidbits 1/2c. 1% White Milk 6 oz.
16. Vegetable Chili 3/4 c. Bk Chicken Drum. 1ea WW Bread 1 sl. Baby Carrots 2.6oz pkt Mandarin Oranges 1/2c 1% White Milk 6 oz.	17. Spaghetti ¼ c. ea. = 1.5 oz cheese Beef Pepper Steak 1 ea. w/gravy, onions & Bell peppers WW Dinner Roll 1 ea. Calif. Mix Veg. 1/4c. Cantaloupe Chunks 1/2 cup 1% White Milk 6 oz.	18. Grilled Cheese Sandwich 1 ea. Chicken Patty w/ gravy 1 ea. WW Bread 1 sl. Hi C Salad 1/2c Apricots 1/2c. 1% White Milk 6 oz.	19. Garden Veggie Burger 1 ea. Hamburger on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/2c Coleslaw 1/4c. Orange, Fresh 1 ea. 1% White Milk 6 oz.	20. Grilled Cheese Sandwich 1 ea. Turkey Ham 6s & Chz 1sl on WW Brd 1 sl. Shredded Lettuce 1/4c Cucumber Coins 1/4 c. Pineapple Tidbits 1/2c. 1% White Milk 6 oz.
23. Vegetable Chili 3/4 c. Santa Fe Chicken Thigh 1ea. WG Brown Rice 1/4cup Baby Carrots 2.6oz pkt Mandarin Oranges 1/2c 1% White Milk 6 oz.	24. WG Bean & Cheese burrito 1 ea. Peas & Carrots 1/4c Apricots 1/2c. 1% White Milk 6 oz.	25. Christmas Day 	26. Spaghetti ¼ c. ea. = 1.5 oz cheese WG Brd. Chicken Strips 3ea. WW Bread 1 sl. Cucumber Coins 1/4 c. Honeydew Chunks 1/2 cup 1% White Milk 6 oz.	27. WG Cheese Lasagna 4.3 oz. ea. Hi C Salad 1/2c Tropical Fruit 1/2c. 1% White Milk 6 oz.
30. Vegetable Chili 3/4 c. Chicken Meatballs 3ea. w/ gravy WW Dinner Roll 1 ea. Calif. Mix Veg. 1/4c. Pineapple Tidbits 1/2c. 1% White Milk 6 oz.	31. Spaghetti ¼ c. ea. = 1.5 oz cheese Beef Salisbury Steak 1ea with gravy 1 oz WW Bread 1 sl. Veg. Medley 1/4c Orange, Fresh 1 ea. 1% White Milk 6 oz.			



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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.
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– sherdded	¼ c.
Green Salad - bag	½ c.

Purchase only those items that are on this month menu.