

Head Start- Vegetarian Lunch Menu - March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Grilled Cheese Sandwich (2 Slices) BBQ Pork Rib B-Q Sand- On Whole Wheat Bun 1 ea. Italian Veg. 1/4c. Diced Peaches 1/2c. 1% White Milk 6oz.</p>	<p>3 Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz Tandoori Chicken Thigh 1 ea- WG Bread 1 sl. Calif. Mix Veg. 1/4c. +Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.</p>	<p>4 Bean and Cheese Burrito 1 ea. WG Beef & Bean Burrito 1 ea- Jicama Sticks 1/4 c. +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>5 Vegetarian Chili Beans ¾ c. WG Brd- Chicken Strips 3ea- WG Bread 1 sl. Hi C Salad 1/2c Apple, Fresh 1ea. 1% White Milk 6oz.</p>	<p>6 Cheese Sandwich 3sl. on WW Brd 1 sl. Baby Carrots 2.6oz pkt **Apricots 1/2c. 1% White Milk 6oz.</p>
<p>9 Grilled Cheese Sandwich (2 Slices) Pork Rib B-Q 1ea w/ gravy 1 oz- WW Dinner Roll 1 ea. Corn 1/4c +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>10 WG Cheese Lasagna 4.3oz. ea. Hi C Salad 1/2c Tropical Fruit 1/2c. 1% White Milk 6oz.</p>	<p>11 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1ea Refried Beans 1/2c. Chick. Breast Strips 3oz Shred. Cheese 1/2 oz. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Honeydew Chunk 1/2 c. 1% White Milk 6oz.</p>	<p>12 Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz Turkey Breast 6 sl. w/ chz on WW Brd 1 sl Cucumber Coins 1/4 c. *Orange, Fresh 1 ea. 1% White Milk 6oz.</p>	<p>13 WG Bean & Cheese Burrito 1 ea. Jicama Sticks 1/4 c. Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p>
<p>16 Bean and Cheese Burrito 1 ea. WG Brd- Chicken Strips 3ea- WG Bread 1 sl. Broccoli 1/4 c. Apple, Fresh 1ea. 1% White Milk 6oz.</p>	<p>17 Grilled Cheese Sandwich (2 Slices) Turkey Ham 6 sl w/ chz on WW Brd 1 sl- Baby Carrot 2.6 oz. pk +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>18 Garden Burger 1 ea. WG Hamburger Bun 1 ea- Beef Patty 1 ea- Cheese 1 sl- Hi C Salad 1/2 Cup Pineapple Tidbits 1/2c. 1% White Milk 6oz.</p>	<p>19 Vegetarian Chili Beans ¾ c. Beef Salisbury Steak 1ea with gravy 1 oz WW Dinner Roll 1 ea. Cucumber Coin 1/4 c. **Apricots 1/2c. 1% White Milk 6oz.</p>	<p>20 WG Cheese Lasagna 4.3oz. ea. Jicama Sticks 1/4 c. Diced Pears 1/2c. 1% White Milk 6oz.</p>
<p>23 Grilled Cheese Sandwich (2 Slices) Chicken Meatballs 3ea- w/ gravy 1 oz- WW Dinner Roll 1 ea. Baby Carrots 2.6oz pkt +Mandarin Oranges 1/2c 1% White Milk 6oz.</p>	<p>24 Garden Burger 1 ea. WG Brd- Chicken Patty 1ea On Whole Wheat Bun 1 ea. Calif Mixed Veg. 1/4 c. +Cantaloupe Chunks 1/2 cup 1% White Milk 6oz.</p>	<p>25 Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz Beef Mtloaf w/ grv 1ea- WW Dinner Roll 1 ea. Hi C Salad 1/2c **Apricots 1/2c. 1% White Milk 6oz.</p>	<p>26 Bean and Cheese Burrito 1 ea. WG Beef & Bean Burrito 1 ea- Cucumber Coin 1/4c. *Orange, Fresh 1 ea. 1% White Milk 6oz.</p>	<p>27 Cheese Sandwich 3sl. on WW Brd 1 sl. Jicama Sticks 1/4 c. Diced Peaches 1/2c. 1% White Milk 6oz.</p>
<p>30 Garden Burger 1 ea. Beef Patty 1ea w/grv 1oz. WW Dinner Roll 1 ea. Baby Carrots 2.6oz pkt Tropical Fruit 1/2c. 1% White Milk 6oz.</p>	<p>31 Cesar Chavez Day </p>			

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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	$\frac{3}{4}$ c.
Minute Brown Rice	$\frac{1}{4}$ c.
WG Bean and Cheese Burrito	1 ea.
Jack Cheese	1.5 oz.
Cheddar Cheese – Grated/Shredded	1.5 oz.
String Cheese	1.5 oz.
Whole Wheat Flour Tortillas (small size)	1 ea.
Vegetarian Refried Beans	$\frac{3}{8}$ c.
English Muffin (may use for Cheese Pizza)	$\frac{1}{2}$ ea.
Garden Veggie Burger – needs 1.5 oz. fresh grated cheese	1 ea.
Spaghetti – Whole Wheat spaghetti noodles + marinara sauce	$\frac{3}{4}$ c. + $\frac{1}{4}$ c
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	$\frac{3}{4}$ c. or 1.5 oz.
Vegetable Soup – must be served with 1.5 oz. of fresh grated cheese	$\frac{3}{4}$ c.
Split Pea Soup	$\frac{3}{4}$ c.
Pinto Beans	$\frac{1}{4}$ c.
Peas & Carrots – canned or Frozen	$\frac{1}{4}$ 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.	$\frac{3}{4}$ c. or 1.5 oz.
Buitoni Four Cheese Ravioli 20 oz. and +1.5 oz grated cheese.	$\frac{3}{4}$ c. + 1.5 oz.
Macaroni & Cheese – Michelina's Home style 7.5 oz. frozen & 1.5 oz. grated cheese.	$\frac{3}{4}$ c. + 1.5 oz.
Cheese rigatoni – frozen bag, add 1.5 oz. of Grated Cheddar cheese	$\frac{3}{4}$ 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	$\frac{1}{4}$ c.
Green Salad - bag	$\frac{1}{2}$ c.

Purchase only those items that are on this month menu.