



Head Start – Vegetarian Lunch Menu – April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. BBQ Pork Rib B-Q Sand. on Whole Wheat Bun 1 ea. Jicama Sticks ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>2</p> <p>WG Bean & Cheese Burrito 1 ea. Hi C Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>	<p>3</p> <p>Cheese Sand. 2 sl. WW Brd. 1 sl Cucumber Coins ¼ c. Apricots ½ c. 1% White Milk 6 oz.</p>
<p>6</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. WG Brd. Chicken Patty 1 ea. on Whole Wheat Bun 1 ea. Italian Veg. ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.</p>	<p>7</p> <p>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz Tandoori Chicken Thigh 1 ea. WG Bread 1 sl. Calif. Mix Veg. ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.</p>	<p>8</p> <p>Bean and Cheese Burrito 1 ea. WG Beef & Bean Burrito 1 ea. Cucumber Coins ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.</p>	<p>9</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. WG Brd. Chicken Strips 3 WG Bread 1 sl. Hi C Salad ½ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.</p>	<p>10</p> <p>Cheese Sand. 2 sl. On WW Brd. 1 sl. Baby Carrots 2.6 oz. pkt. Apricots ½ c. 1% White Milk 6 oz.</p>
<p>13</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. Pork Rib B-Q 1 ea. w/ Gravy 1 oz. WW Dinner Roll 1 ea. Corn ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.</p>	<p>14</p> <p>WG Cheese Lasagna 4.3 oz. ea. Hi C Salad ½ c. Tropical Fruit ½ c. 1% White Milk 6 oz.</p>	<p>15</p> <p>Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. Refried Beans 1/2c. Chick. Breast Strips 3 oz. Shredded Cheese ½ oz. Shredded Lettuce ¼ c. Baby Carrots 2.6 oz. pkt. Honeydew Chunks ½ c. 1% White Milk 6 oz.</p>	<p>16</p> <p>Turkey Ham 6 sl. Cheese 2 sl. on WW Brd. 1 sl. Cucumber Coins ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.</p>	<p>17</p> <p>Macaroni and Cheese ¾ c. + Grated Cheese .5 oz Bk Chicken Drum. 1 ea. WG Bread 1 sl. Calif. Mix Veg. ¼ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>
<p>20</p> <p>WG Bean & Cheese Burrito 1 ea. Broccoli ½ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.</p>	<p>21</p> <p>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Green Beans ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.</p>	<p>22</p> <p>Vegetarian Chili Beans ¾ c. Shredded cheese .5 oz. WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Hi C Salad ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.</p>	<p>23</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. Beef Salisbury Steak 1 ea. w/ Gravy 1 oz WW Dinner Roll 1 ea. Baby Carrots 2.6oz pkt Apricots ½ c. 1% White Milk 6 oz.</p>	<p>24</p> <p>Turkey Breast 6 sl. w/ Cheese 2 sl. on WW Brd. 1 sl. Jicama Sticks ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.</p>
<p>27</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. Chicken Meatballs 3 ea. w/ Gravy 1 oz. WG Brown Rice ¼ c. Baby Carrots 2.6 oz. pkt. Mandarin Oranges ½ c. 1% White Milk 6 oz.</p>	<p>28</p> <p>Vegetarian Chili Beans ¾ c. Shredded cheese .5 oz. WG Brd. Chicken Patty 1 ea. on Whole Wheat Bun 1 ea. Cucumber Coins ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.</p>	<p>29</p> <p>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl. Beef Meatloaf w/ Gravy 1 ea. WW Dinner Roll 1 ea. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.</p>	<p>30</p> <p>WG Bean & Cheese Burrito 1 ea. Italian Veg. ½ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.</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	¾ c.
Minute Brown Rice	¼ 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	¾ c.
English Muffin (may use for Cheese Pizza)	½ ea.
Garden Veggie Burger - needs 1.5 oz. fresh grated cheese	1 ea.
Spaghetti - Whole Wheat spaghetti noodles + marinara sauce	¾ c. + 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.

Purchase only those items that are on this month menu.