

## Head Start – Vegetarian Lunch Menu – May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Cheese Sand. 2 sl.</b> <b>WW Brd 1 sl.</b> Baby Carrots 2.6 oz. pkt. Diced Peaches ½ c. 1% White Milk 6 oz.
4 <b>Garden Burger 1 ea.</b> <b>Sliced Cheddar Cheese 1 sl.</b> Beef Patty 1 ea. w/ Gravy 1 oz. WW Dinner Roll 1 ea. Calif. Mix Veg. ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	5 <b>WG Cheese Lasagna 4.3 oz. ea.</b> Corn ¼ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	6 <b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b> BBQ Pork Rib B Q Sand. on WW Bun 1 ea. Jicama Sticks ¼ c. Diced Peaches ½ c. 1% White Milk 6 oz.	7 <b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b> <del>Beef Salisbury Steak 1 ea. w/ Gravy 1 oz.</del> WG Brown Rice ¼ c. Hi C Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	8 <b>Cheese Sand. 2 sl.</b> <b>WW Brd 1 sl.</b> Cucumber Coins ¼ c. Apricots ½ c. 1% White Milk 6 oz.
11 <b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b> WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Baby Carrots 2.6 oz. pkt. Diced Peaches ½ c. 1% White Milk 6 oz.	12 <b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b> Tandoori Chicken Thigh 1 ea. WW Dinner Roll 1 ea. Calif. Mix Veg. ¼ c. Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	13 <b>WG Bean &amp; Cheese Burrito 1 ea.</b> <del>WG Beef &amp; Bean Burrito 1 ea.</del> Jicama Sticks ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.	14 <b>Garden Burger 1 ea.</b> <b>Sliced Cheddar Cheese 1 sl.</b> Hi C Salad ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	15 <b>Cheese Sand. 2 sl.</b> <b>WW Brd 1 sl.</b> Cucumber Coins ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.
18 <b>Garden Burger 1 ea.</b> <b>Sliced Cheddar Cheese 1 sl.</b> WW Dinner Roll 1 ea. Corn ¼ c Mandarin Oranges ½ c 1% White Milk 6 oz.	19 <b>WG Cheese Lasagna 4.3 oz. ea.</b> Jicama Sticks ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	20 Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. <b>Refried Beans ½ c.</b> <del>Chick. Breast Strips 3 oz.</del> Shred. Cheese ½ oz. Shred. Lettuce ¼ c. Hi C Salad ½ c. Diced Peaches ½ c. 1% White Milk 6 oz.	21 <b>Cheese Sand. 2 sl.</b> <b>WW Brd 1 sl.</b> Cucumber Coins ¼ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	22 <b>WG Bean &amp; Cheese Burrito 1 ea.</b> Baby Carrots 2.6 oz. pkt. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
25  <b>Holiday</b>	26 <b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b> WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Broccoli ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.	27 <b>Garden Burger 1 ea.</b> <b>Sliced Cheddar Cheese 1 sl.</b> 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.	28 <b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b> Bk Chicken Drum. 1 ea. WW Dinner Roll 1 ea. Calif. Mix Veg. ¼ c. Diced Pears ½ c. 1% White Milk 6 oz.	29  <b>Closed</b>

*USDA is an equal opportunity provider, employer, and lender.*

### Vegetarian Lunch Grocery List

<b>Vegetarian items</b>	<b>Serving size per child</b>
<b>Whole Wheat Bread (half a sandwich per child) or Whole Wheat Bun</b>	<b>1 slice or 1 bun ea.</b>
<b>Vegetarian Chili Beans</b>	<b>¾ c.</b>
Minute Brown Rice	¼ c.
<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	⅜ 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>
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.
<b>Macaroni &amp; Cheese – Michelina's Home style 7.5 oz. frozen &amp; 1.5 oz. grated cheese.</b>	<b>¾ c. + 1.5 oz.</b>
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.**