

## Head Start – Vegetarian Lunch Menu – June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b></p> <p>Chicken Meatballs 3ea. w/ gravy 1 oz.</p> <p>WW Dinner Roll 1 ea.</p> <p>**Peas &amp; Carrots 1/4c</p> <p>+Mandarin Oranges 1/2c</p> <p>1% White Milk 6oz.</p>	<p>2</p> <p><b>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl.</b></p> <p>WG Brd Chk Patty 1ea</p> <p>On Whole Wheat Bun 1 ea.</p> <p>Pepino</p> <p>+Cantaloupe Chunks 1/2 cup</p> <p>1% White Milk 6oz.</p>	<p>3</p> <p><b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b></p> <p>Beef Mtleaf w/grv 1ea.</p> <p>WW Dinner Roll 1 ea.</p> <p>Hi C Salad 1/2c</p> <p>Pineapple Tidbits 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>4</p> <p>WG Bean &amp; Cheese burrito 1 ea.</p> <p>Jicama Sticks 1/4 c.</p> <p>*Orange, Fresh 1 ea.</p> <p>1% White Milk 6oz.</p>	<p>5</p> <p><b>Cheese Sand. 2 sl. WW Brd 1 sl.</b></p> <p>Turkey breast 6 sl. w/ chz on WW Brd 1 sl.</p> <p>Baby Carrots 2.6oz pkt</p> <p>Diced Peaches 1/2c.</p> <p>1% White Milk 6oz.</p>
<p>8</p> <p><b>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl.</b></p> <p>Beef Patty 1ea w/grv 1oz.</p> <p>WW Dinner Roll 1 ea.</p> <p>Calif. Mix Veg. 1/4c.</p> <p>Tropical Fruit 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>9</p> <p>WG Cheese Lasagna 4.3oz. ea.</p> <p>Corn 1/4c</p> <p>Apple, Fresh 1ea.</p> <p>1% White Milk 6oz.</p>	<p>10</p> <p><b>WG Bean &amp; Cheese Burrito 1 ea.</b></p> <p>BBQ Pork Rib B-Q Sand.</p> <p>On Whole Wheat Bun 1 ea.</p> <p>Jicama Sticks 1/4 c.</p> <p>**Apricots 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>11</p> <p><b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b></p> <p>Beef Salisbury Steak 1ea with gravy 1 oz</p> <p>WG Brown Rice 1/4cup</p> <p>Hi C Salad 1/2 Cup</p> <p>Diced Pears 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>12</p> <p><b>Cheese Sand. 2 sl. WW Brd 1 sl.</b></p> <p>Turkey Ham 6sl &amp; Chz 1sl</p> <p>on WW Brd 1 sl.</p> <p>Pepino</p> <p>Pineapple Tidbits 1/2c.</p> <p>1% White Milk 6oz.</p>
<p>15</p> <p><b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b></p> <p>WG Brd. Chicken Strips 3ea.</p> <p>WG Bread 1 sl.</p> <p>Baby Carrots 2.6oz pkt</p> <p>Diced Peaches 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>16</p> <p><b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b></p> <p>Tandoori Chicken Thigh 1 ea.</p> <p>WW Dinner Roll 1 ea.</p> <p>Calif. Mix Veg. 1/4c.</p> <p>+Cantaloupe Chunks 1/2 cup</p> <p>1% White Milk 6oz.</p>	<p>17</p> <p><b>WG Bean &amp; Cheese Burrito 1 ea.</b></p> <p>WG Beef &amp; Bean Burrito 1 ea.</p> <p>Jicama Sticks 1/4 c.</p> <p>**Apricots 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>18</p> <p><b>Garden Burger 1 ea.</b></p> <p>Hamburger on Bun</p> <p>On Whole Wheat Bun 1 ea.</p> <p>Beef Patty 1 ea.</p> <p>Cheese 1 sl.</p> <p>Hi C Salad 1/2c</p> <p>*Orange, Fresh 1 ea.</p> <p>1% White Milk 6oz.</p>	<p>19</p> <p style="text-align: center;"><b>Holiday</b></p> 
<p>22</p> <p><b>Vegetarian Chili Beans + ¾ c. + .5 oz. Shredded Cheese</b></p> <p>Pork Rib B-Q 1ea w/ gravy 1 oz.</p> <p>WW Dinner Roll 1 ea.</p> <p>Corn 1/4c</p> <p>+Mandarin Oranges 1/2c</p> <p>1% White Milk 6oz</p>	<p>23</p> <p>WG Cheese Lasagna 4.3oz. ea.</p> <p>Jicama Sticks 1/4 c.</p> <p>Tropical Fruit 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>24</p> <p>Build Your Own Chicken Wrap</p> <p>WG 6" Flour Tortilla 1ea</p> <p><b>Refried Beans ½ c.</b></p> <p>Chick. Breast Strips 3oz</p> <p>Shred. Cheese 1/2 oz.</p> <p>Shredded Lettuce 1/4 c.</p> <p>Hi C Salad 1/2c</p> <p>**Apricots 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>25</p> <p><b>Cheese Sand. 2 sl. WW Brd 1 sl.</b></p> <p>Turkey Ham 6sl &amp; Chz 1sl</p> <p>on WW Brd 1 sl.</p> <p>Pepino</p> <p>Apple, Fresh 1ea.</p> <p>1% White Milk 6oz.</p>	<p>26</p> <p>WG Bean &amp; Cheese burrito 1 ea.</p> <p>Baby Carrots 2.6oz pkt</p> <p>Pineapple Tidbits 1/2c.</p> <p>1% White Milk 6oz.</p>
<p>29</p> <p><b>Garden Burger 1 ea. Sliced Cheddar Cheese 1 sl.</b></p> <p>WG Brd. Chk Patty 1ea</p> <p>On Whole Wheat Bun 1 ea.</p> <p>Broccoli 1/4c.</p> <p>Diced Peaches 1/2c.</p> <p>1% White Milk 6oz.</p>	<p>30</p> <p><b>Macaroni and Cheese ¾ c. + Grated Cheese 1.5 oz</b></p> <p>WG Brd. Chicken Strips 3ea.</p> <p>WG Bread 1 sl.</p> <p>Green beans 1/4 c.</p> <p>+Mandarin Oranges 1/2c</p> <p>1% White Milk 6oz.</p>			