Fresno EOC Head Start 0 to 5

# Head Start - Vegetarian Lunch Menu - November 2026

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| 2<br>**Garden Burger 1 ea.**<br>~~Swiss Beef Patty1ea~~<br>WW Dinner Roll 1 ea.<br>Italian Veg.1/4c.<br>Tropical Fruit 1/2c.<br>1% Unflavored Milk 6 oz | 3<br>**Bean and Cheese Burrito 1 ea.**<br>~~Tandoori Chicken Thigh 1 ea.~~<br>WW Dinner Roll 1 ea.<br>Calif. Mix Veg. 1/4c.<br>Cantaloupe Chunks 1/2 cup<br>1% Unflavored Milk 6 oz. | 4<br>**Garden Burger 1 ea.**<br>~~WG Brd. ChkPatty 1ea~~<br>On Whole Wheat Bun 1 ea.<br>Cucumber Coins 1/4 c.<br>Apricots 1/2c.<br>1% Unflavored Milk 6 oz. | 5<br>**Mac & Cheese ¼ c.**<br>~~WG Spaghetti w/ meat sauce 3/4c~~<br>Hi C Salad 1/2c<br>Apple, Fresh 1ea.<br>1% Unflavored Milk 6 oz. | 6<br>**Grilled Cheese Sandwich 1 ea.**<br>~~Turkey breast 6 sl.~~<br>Chz 2 sl. on WW Brd 1 sl.<br>Baby Carrots 2.6oz pkt<br>Diced Peaches 1/2c.<br>1% Unflavored Milk 6 oz. |
| 9<br>**Garden Burger 1 ea.**<br>~~Pork Rib B-Q1ea w/ gravy 1 oz.~~<br>WW Dinner Roll 1 ea.<br>Corn 1/4c<br>Pineapple Tidbits 1/2c.<br>1% Unflavored Milk 6 oz. | 10<br>**WG Cheese Lasagna 4.3oz.**<br>Hi C Salad 1/2c<br>Tropical Fruit 1/2c.<br>1% Unflavored Milk 6 oz. | 11<br> | 12<br>**Egg Salad Sandwich**<br>Egg 2 ea.<br>~~Chicken Meatballs 3ea. w/ gravy~~<br>WW Dinner Roll 1 ea.<br>Baby Carrot 2.6 oz.<br>Apple, Fresh 1ea.<br>1% Unflavored Milk 6 oz. | 13<br>**Grilled Cheese Sandwich 1 ea.**<br>~~Turkey Ham 6sl~~<br>Chz 2sl on WW Brd. 1 sl.<br>Jicama Sticks 1/4 c.<br>Diced Pears 1/2c.<br>1% Unflavored Milk 6 oz. |
| 16<br>**Garden Burger 1 ea.**<br>~~WG Brd. Chicken Strips 3ea.~~<br>WG Bread 1 sl.<br>Broccoli 1/4c.<br>Diced Peaches 1/2c.<br>1% Unflavored Milk 6 oz. | 17<br>**Bean and Cheese Burrito 1 ea.**<br>~~WG Beef & Bean Burrito 1 ea.~~<br>Green beans 1/4 c.<br>Mandarin Oranges 1/2c<br>1% Unflavored Milk 6 oz. | 18<br>**Egg Salad Sandwich**<br>Egg 2 ea.<br>~~Bk Chicken Drum. 1ea~~<br>WW Dinner Roll 1 ea.<br>Calif. Mix Veg. 1/4c.<br>Apricots 1/2c.<br>1% Unflavored Milk 6 oz. | 19<br>**Garden Burger 1 ea.**<br>~~Hamburger on Bun~~<br>WG Hamburger Bun 1 ea.<br>~~Beef Patty 1 ea.~~<br>Cheese 1 sl.<br>Hi C Salad 1/2 Cup<br>Apple, Fresh 1ea.<br>1% Unflavored Milk 6 oz. | 20<br>**Grilled Cheese Sandwich 1 ea.**<br>~~Turkey breast 6 sl.~~<br>Chz 2 sl.<br>WW Brd 1 sl.<br>Baby Carrots 2.6oz pkt<br>Diced Peaches 1/2c.<br>1% Unflavored Milk 6 oz. |
| 23<br>**Four Cheese Ravioli ¾ c. + 1 oz. shredded Cheese**<br>~~Chicken Meatballs 3ea. w/ gravy~~<br>WW Dinner Roll 1 ea.<br>Peas & Carrots 1/4c<br>Diced Pears 1/2c.<br>1% Unflavored Milk 6 oz. | 24<br>**Bean and Cheese Burrito 1 ea.**<br>~~WG Brd. Chk Patty 1ea~~<br>On Whole Wheat Bun 1 ea.<br>Cantaloupe Chunks 1/2 cup<br>1% Unflavored Milk 6 oz. | 25<br>**Garden Burger 1 ea.**<br>~~Beef Mtloaf w/grv 1ea.~~<br>WW Dinner Roll 1 ea.<br>Mashed Potato 1/4c.<br>Diced Peaches 1/2c.<br>1% Unflavored Milk 6 oz. | 26<br> | 27<br>Day After Thanksgiving<br> |
| 30<br>**Garden Burger 1 ea.**<br>~~Beef Patty 1ea w/grv 1oz.~~<br>WW Dinner Roll 1 ea.<br>Calif. Mix Veg. 1/4c.<br>Tropical Fruit 1/2c.<br>1% Unflavored Milk 6 oz. | | | | |

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