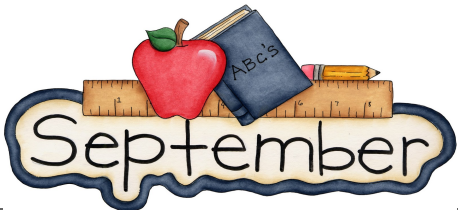


VEGETARIAN MENU

CENTER NAME : _____



1		MONDAY	2	TUESDAY	3	WEDNESDAY	4	THURSDAY	5	FRIDAY
Breakfast	Grains / Meat / Alt	(W) Cereal, Rice Crispies		WG Waffle		English Muffin w/ Jelly		(W) Muffin, Corn		Yogurt , Flavored
	Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon
	Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
Lunch & Supper	Meat / Alt	Sloppy Joe w/ PB Sausage		Beef Taco w/ Veggie Sausage		Honey Mustard Chick'n Wrap		Chick'n & Gravy		Chick'n Alfredo Flatbread
	Grain	WG Dinner Roll		WG Tortilla Wrap		WG Tortilla Wrap		Brown Rice		WG Flatbread
	Veg	Green Beans		Tomato Salsa / Lettuce		Tossed Salad w/ Dressing		Cauliflower Medley		Broccoli
	Fruit	Pears		(C) Mandarin Oranges		(C) Fruit Cocktail		(C) Pineapple		Peaches
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
Snack	Grain	Granola Bites		(W) Sweet Potato Cracker		(W) Graham Crackers		(W) Original Animal Cracker		WG Cracker, Cinnamon Churro
	Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
8		MONDAY	9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY
Breakfast	Grains / Meat / Alt	(W) Cereal, Rice Crispies		WG Pancakes		Bagel w/ Cream Cheese		(W) Muffin, Banana		WG Cinnamon French Toast
	Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon
	Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
Lunch & Supper	Meat / Alt	Spaghetti w/ Veggie Sausage		Chick'n Sandwich		Veggie & Hummus Wraps		Veggie Casserole		BBQ Chick'n Flatbread
	Grain	WG Pasta		WG Roll		WG Tortilla Wrap		WG Pasta		WG Flatbread Pizza
	Veg	Green Beans		Tomato Salsa / Lettuce		Tossed Salad w/ Dressing		Cauliflower Medley		Broccoli
	Fruit	Pears		(C) Mandarin Oranges		(C) Fruit Cocktail		(C) Pineapple		Peaches
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
Snack	Grain	(D) String Cheese & Crackers		(W) Cinnamon Apple Crackers		(W)Cheese Crackers		WG Maple Cracker		WG Cracker, Vanilla
	Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
15		MONDAY	16	TUESDAY	17	WEDNESDAY	18	THURSDAY	19	FRIDAY
Breakfast	Grains / Meat / Alt	(W) Cereal, Corn Flakes		WG Waffle		English Muffin w/ Jelly		(W) Muffin, Corn		Yogurt , Flavored
	Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon
	Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
Lunch & Supper	Meat / Alt	BBQ Veggie Meatball		Dairy Free Mac & Cheese		Veggie Burger		Sweet & Sour Chick'n		DF Cheese Flatbread Pizza
	Grain	WG Dinner Roll		WG Dinner Roll		WG Hamburger Bun		Brown Rice		WG Flatbread Pizza
	Veg	Green Beans		Glazed Carrots		Sweet Corn		Glazed Carrots		Broccoli
	Fruit	Pears		(C) Mandarin Oranges		(C) Fruit Cocktail		(C) Pineapple		Peaches
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
Snack	Grain	Granola Bites		(W) Sweet Potato Cracker		(W) Graham Crackers		(W) Original Animal Cracker		WG Cracker, Cinnamon Churro
	Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
22		MONDAY	23	TUESDAY	24	WEDNESDAY	25	THURSDAY	26	FRIDAY
Breakfast	Grains / Meat / Alt	(W) Cereal, Rice Crispies		WG Pancakes		Bagel w/ Cream Cheese		(W) Muffin, Blueberry		WG Cinnamon French Toast
	Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon
	Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk
Lunch & Supper	Meat / Alt	Spaghetti w/ Veggie Sausage		BBQ Chick'n Sandwich		Veggie & Hummus Wraps		Veggie Casserole		Veggie Flatbread Pizza
	Grain	WG Pasta		WG Roll		WG Tortilla Wrap		WG Pasta		WG Flatbread Pizza
	Veg	Green Beans		Coleslaw		Tossed Salad w/ Dressing		Glazed Carrots		Broccoli
	Fruit	Pears		(C) Mandarin Oranges		(C) Fruit Cocktail		(C) Pineapple		Peaches
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
Snack	Grain	(D) String Cheese & Crackers		(W) Cinnamon Apple Crackers		(W)Cheese Crackers		WG Maple Cracker		WG Cracker, Vanilla
	Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
29		MONDAY	30	TUESDAY						
Breakfast	Grains / Meat / Alt	(W) Cereal, Rice Crispies		WG Waffle						
	Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit, Canteloupe						
	Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk						
Lunch & Supper	Meat / Alt	Sloppy Joe w/ PB Sausage		Beef Taco w/ Veggie Sausage						
	Grain	WG Dinner Roll		WG Tortilla Wrap						
	Veg	Green Beans		Tomato Salsa / Lettuce						
	Fruit	Pears		(C) Mandarin Oranges						
	Milk	1% or Whole Milk		1% or Whole Milk						
Snack	Grain	Granola Bites		(W) Sweet Potato Cracker						
	Fruit	100% Fruit Punch		100% Fruit Punch						