

Fall/Winter Menu (Vegetarian)

Menu # 1

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetables Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	LEMON BLUEBERRY LOAF MILK	GRILLED WHOLE WHEAT CHEESE SANDWICH JUICE	MINI WHOLE WHEAT CROISSANT WITH JAM MILK	STRAWBERRY YOGURT ANIMAL CRACKERS & MILK	MULT GRAIN CHEERIOS MIXED FRUIT & MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked fish cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	CHEESE TORTELLINI & VEGETABLE SOUP GARDEN SALAD CUCUMBER COINS WHOLE WHEAT BREAD MILK & PEARS	SHEPPARD'S PIE WITH MIXED VEGETABLES & VEG.GROUND ROUND TOSSED SALAD CARROT STICKS WHOLE WHEAT DINNER ROLLS MILK & ORANGES	VEGETABLE STEAKETTES OVEN ROASTED POTATO WEDGES COLE SLAW CHERRY TOMATOES WHOLE WHEAT BREAD MILK & CLEMANTINE	VEGETABLE CHICK PEAS STEW & BROWN RICE GREEN PEPPER WEDGES MILK & GRAPES	WHOLE WHEAT SPAGHETTI & VEGETABLE GROUND ROUND LETTUCE PLUM TOMATOES SLICES GARLIC BREAD MILK & BANANA
Between Meal Eating (P.M.) - around 3:30PM		APPLE SAUCE WITH BREAD STICKS MILK	WHOLE WHEAT MINI PITA WITH EGG SALAD WATER	PLUM JELLO MILK	RICE CAKES WITH PEARS CHEESE CUBES WATER	SPINACH DIP WITH BREAD STICKS MILK
Between Meal Eating (P.M.) - around 5:30PM		BROCCOLI FLORETTES MILK	LIME COCONUT BISCUIT(2) MILK	HARD BOILED EGGS VEGETABLE THINS WATER	SLICED PEACHES ANIMAL CRACKERS WATER	VANILLA PUDDING PEAR SLICES WATER

Menu # 2

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	MINI WHOLE WHEAT BAGEL LIGHT CREAM CHEESE MILK	WHOLE WHEAT SHREDDIES WITH BLUEBERRIES MILK	WHOLE WHEAT ENGLISH MUFFINS WITH CHEESE SPREAD MILK	RASPBERRY YOGURT WITH ANIMAL CRACKERS MILK	HOT OATMEAL WITH BROWN SUGAR MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	TOFU IN BBQ SAUCE & BROWN RICE COOKED VEGETABLE CHERRY TOMATOES MILK & APPLES	VEGETABLE GROUND MACARONI PIE GARDEN SALAD CARROT STICKS WHOLE WHEAT BREAD MILK & ORANGES	VEGETABLE FRITATA GREEN SALAD PEPPER WEDGES WHOLE WHEAT BREAD MILK & BANANAS	VEGETABLE BURGER IN TOMATO SAUCE MIXED VEGETABLES CUCUMBER COINS WHOLE WHEAT DINNER ROLLS MILK & GRAPES	TOMATO VEGETABLE SOUP EGG SALAD LETTUCE PLUM TOMATO SLICES WHOLE WHEAT PITA MILK & CLEMANTINE
Between Meal Eating (P.M.) - around 3:30PM		DICED PEARS WHOLE GRAIN GOLDFISH CRACKERS MILK	CORN TORTILLA SALSA CHEESE CUBES JUICE	GRANOLA BARS MIXED BERRIES WITH APPLES MILK	PEARS DIGESTIVE COOKIES MILK	CARROT POPPERS MILK
Between Meal Eating (P.M.) - around 5:30PM		STONED WHEAT THINS CELERY STICKS WATER	BANANA MILK	CARROT STICKS YOGURT	APPLE CRANBERRY BAR MILK	HUMMUS MELBA TOAST MILK

Menu # 3

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	HOT OATMEAL WITH BROWN SUGAR MILK	CORN BRAN CEREAL MILK	BLUEBERRY SCONES WITH JAM MILK	PEACHES & CREAM YOGURT WITH TOAST MILK	MULTI GRAIN BREAD MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	VEGETARIAN BURGER & BROWN RICE CUCUMBER COINS MILK & ORANGES	VEGETABLE LASAGNA TOSSED SALAD CELERY STICKS FRENCH STICK MILK & GREEN APPLES	VEGETARIAN CUTLET STEAMED CORN KERNELS LETTUCE TOMATO WHOLE WHEAT DINNER ROLLS MILK & BANANA	WHOLE WHEAT SPEGHETTI VEG.GROUND ROUND SAUCE TOSSED SALAD PEPPER WEDGES GARLIC BREAD MILK & GRAPES	EGG NOODLE SOUP WITH VEGETABLES EGG SALAD PLUM TOMATO SLICES WHOLE WHEAT BREAD MILK & RED APPLES
Between Meal Eating (P.M.) - around 3:30PM		MULTI GRAIN BAGEL WITH LIGHT CREAM CHEESE MILK	FRUIT COCKTAIL WHOLE GRAIN GOLDFISH CRACKERS MILK	CORN TORTILLA CHIPS WITH SALSA MILK	PREMIUM WHOLE WHEAT CRACKERS WITH CHEESE SPREAD JUICE	CLEMENTINE ANIMAL CRACKERS MILK
Between Meal Eating (P.M.) - around 5:30PM		CARROT STICKS MILK	CLEMENTINE MILK	OATMEAL RAISIN COOKIES MILK	PEARS MILK	RICE CRIPS PEPPER STICKS MILK

Menu # 4

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	APPLE SAUCE BREAD STICKS MILK	WHOLE WHEAT MINI PITA WITH LIGHT CREAM CHEESE MILK	BRAN FLAKES BANANA MILK	BLUEBERRY YOGURT MILK	WHOLE WHEAT TOAST WITH APPLE BUTTER MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	VEGETARIAN STEAKETTE, RICE NOODLES WITH VEGETABLES CHERRY TOMATOES WHOLE WHEAT DINNER ROLLS MILK & ORANGES	VEGETABLE PIZZA WITH SALAD CUCUMBER COINS MILK & PEARS	MACARONI & CHEESE COOKED CALIFORNIA VEGETABLES CARROT STICKS DINNER ROLLS MILK & CLEMENTINE	CHILI VEG. GROUND ROUND RED BEANS TOMATO SAUCE) SHREDDED CHEESE SALAD CHOPPED TOMATOES WHOLE WHEAT SOFT TORTILLA MILK & GRAPES	HEARTHY VEGETABLE SOUP & VEGGIE BURGER PEPPER WEDGES WHOLE WHEAT BREAD MILK & BANANA
Between Meal Eating (P.M.) - around 3:30PM		SALMON SALAD SANDWICH MILK	PINEAPPLE TIDBITS DIGESTIVE COOKIES MILK	TEA BISCUIT WITH RAISINS MILK	CAULIFLOWER COTTAGE CHEESE WATER	ORANGES GRANOLA BARS MILK
Between Meal Eating (P.M.) - around 5:30PM		BANANA TRISCUIT CRACKERS WATER	BANANA BREAD YOGURT	HARD BOILED EGGS WATER	PREMIUM WHOLE WHEAT CRACKERS CHEESE SPREAD WATER	WHEAT THIN CRACKERS MILK