

Spring/Summer 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	1/4 -1/2 C	LEMON BLUEBERRY LOAF MILK	MULTI GRAIN CHEERIOS WITH BANANA MILK	MINI WHOLE WHEAT CROISSANT WITH JAM MILK	STRAWBERRY YOGURT GRAHAM CRACKERS MILK	WHOLE WHEAT TOAST APPLE BUTTER MILK
Fruit, juice, or vegetables	1/4 -1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 slice 1/4 -1/3 C					
Noonday Meal						
Meat and/or alternate one of the following or a combination		TUNA CASSEROLE	VEGETABLE STEW WITH BROWN RICE & PEAS	VEGGIE BURGER ON A BUN	TOMATO VEGETABLE SOUP VEGGIE CUTLETS FILLETS(BAKED) WHOLE WHEAT BREAD	VEGETABLE CHILI WITH SHREDDED CHEESE & LETTUCE TORTILLAS
Cooked fish	30 - 45 G	SALAD	CARROT STICKS	POTATO WEDGES	GREEN PEPPER WEDGES	PLUM TOMATOES
cheese	30 - 45 G	WHOLE WHEAT BREAD	RED APPLES	CHERRY TOMATOES	GRAPES	NECTARINE
egg	1	CUCUMBER COINS	MILK	SALAD	MILK	MILK
cooked dry beans	1/4 -1/2 C	PINEAPPLE	MILK	ORANGES	MILK	MILK
Vegetables and/or fruit	1/4 -1/2 C					
Bread or	1/4 -1/2 slice					
Milk	1/2 - 3/4 C					
Between Meal Eating (P.M.) - around 3:30PM		PEARS RICE CAKES MILK	BLUEBERRY SCONES MILK	MILD CHEESE WW PREIMUM PLUS CRACKERS & JUICE	MINI WW PITA WITH EGG SALAD WATER	CARROT POPPERS MILK
Between Meal Eating (P.M.) - around 5:30PM		BROCCOLI FLORETTES MILK	VANILLA PUDDING PEACH SLICES WATER	LIME COCONUT BISCUITS MILK	WW VEGETABLE THINS MILK	PEARS MILK

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	CORN BRAN CEREAL WITH BLUEBERRIES MILK	TEA BISCUITS WITH RAISINS MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE JUICE	PEACHES & CREAM YOGURT WITH WW TOAST WATER	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 ADOBO BROWN RICE COOKED VEGETABLE CHERRY TOMATOES GREEN APPLES MILK	VEGETABLE PIZZA SALAD CARROT STICKS ORANGES MILK	VEGGY CUTLETS WITH ROSTI POTATOES PEPPER WEDGES PINEAPPLE MILK	SPAGHETTI WITH VEG.GROUND ROUND SAUCE FRENCH BREAD SALAD CUCUMBER COINS GREEN GRAPES MILK	COUNTRY STYLE VEGETABLE SOUP CHEESE SANDWICHES PLUM TOMATOES CANTALOUPE MILK
Between Meal Eating (P.M.) - around 3:30PM		TORTILLA CHIPS SALSA MILK	NECTARINE GRANOLA BARS WATER	FRUIT COCKTAIL OATMEAL COOKIES MILK	CHEESE SPREAD MELBA TOAST WATER	TUNA SALAD SANDWICH MILK
Between Meal Eating (P.M.) - around 5:30PM		STONED WHEAT CRACKERS CELERY STICKS WATER	CARROT STICKS RASPBERRY YOGURT	CHERRY TOMATOES MILK	APPLE CRANBERRY BAR MILK	PEARS & 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	MINI WHOLE WHEAT BAGEL & CREAM CHEESE MILK	WHOLE WHEAT SHREDDIES MIXED FRUIT MILK	MULTI GRAIN BREAD WITH MARGARINE MILK	RASPBERRY YOGURT & ANIMAL CRACKERS MILK	WW ENGLISH MUFFIN WITH CHEESE SPREAD JUICE
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	EGG SALAD HARVEST VEGETABLE SOUP SALAD CUCUMBER COINS ORANGES WHOLE WHEAT BREAD MILK	COD FISH BAKED POTATO WEDGES SALAD CELERY STICKS PEARS WHOLE WHEAT DINNER ROLLS MILK	VEGETABLE FRITTATA SALAD PLUM TOMATOES PINEAPPLE WHOLE WHEAT BREAD MILK	VEGGY BURGER & RICE NOODLE WITH VEGETABLES PEPPER WEDGES GRAPES WHOLE WHEAT DINNER ROLLS MILK	VEGETABLES EGG NOODLE CASSEROLE CARROT STICKS BANANA WHOLE WHEAT BREAD MILK
Between Meal Eating (P.M.) - around 3:30PM		PLUMS WHOLE GRAIN GOLDFISH MILK	APPLE SPICE MUFFINS MILK	JELLO DIGESTIVE COOKIES MILK	APPLE SAUCE BREAD STICKS MILK	BLUEBERRY SCONES WITH JAM MILK
Between Meal Eating (P.M.) - around 5:30PM		CHEDDAR RICE CAKES PEPPER WEDGES MILK	CARROT STICKS MILK	ORANGES & MILK	WW PREMIUM CRACKERS CHEDDAR CHEESE	HUMMUS BREAD 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	OATMEAL WITH BROWN SUGAR & MILK	CORN BRAN CEREAL & MILK	GRILLED CHEESE SANDWICHES & MILK	BLUEBERRY YOGURT GRANOLA BARS & MILK	MULTI GRAIN BAGELWITH CHEDDAR CHEESE & 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	MEXICAN STYLE VEG.GROUND ROUND BROWN RICE CHERRY TOMATOES WW BREAD GREEN APPLES MILK FRESH FRUIT	VEGETABLE LASAGNA SALAD CUCUMBER COINS GARLIC BREAD CANTALOUPE MILK FRESH FRUIT	FISH BURGER POTATO WEDGES SALAD CARROT STICKS WHOLE WHEAT DINNER ROLLS PEARS MILK FRESH FRUIT	SPAGHETTI VEG.GROUND ROUND SAUCE PLUM TOMATOES GARLIC BREAD GRAPES MILK FRESH FRUIT	MINESTRONE SOUP WITH CREAM CHEESE WW BAGELS PEPPER WEDGES NECTARINES MILK FRESH FRUIT
Between Meal Eating (P.M.) - around 3:30PM		PINEAPPLE TIDBITS WITH OATMEAL COOKIES MILK	BANANA BREAD MILK	SPINACH DIP BREAD STICKS MANDARIN SEGMENTS	SALMON SALAD SANDWICH JUICE	FROZEN YOGURT BANANA
Between Meal Eating (P.M.) - around 5:30PM		BANANA WITH TRISCUIT CRACKERS	WHEAT THINS CRACKERS MILK	RED APPLES DIGESTIVE COOKIES WATER	BROCCOLI FLORETTES MILK	PLUMS MILK