

VEGETARIAN MENU

CENTER NAME : _____

March 2026



		MONDAY	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY		
2	Breakfast	Grains / Meat / Alt			English Muffin w/ Jelly		(W) Muffin, Corn		Yogurt , Flavored		
		Veg/ Fruit			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		
2	Lunch & Supper	Meat / Alt			Veggie & Hummus on WG Wrap		Sweet & Sour Chick'n		Flatbread Pizza w/ DF Cheese & Plant Based Topping		
		Grain			WG Tortilla		Brown Rice		WG Flatbread		
		Veg			Tossed Salad		Green Beans		Broccoli		
		Fruit			Tropical Fruit Cocktail		Pineapple		Peaches		
2	Snack	Milk			1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		
		Grain			(W) Graham Crackers		(W) Original Animal Cracker		WG Cracker, Churro		
		Fruit			100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		
		6	MONDAY	7	TUESDAY	8	WEDNESDAY	9	THURSDAY	10	FRIDAY
3	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
3	Lunch & Supper	Meat / Alt	Spaghetti w/ Plant Based Sausage		BBQ Chick'n Taco		Veggie & Hummus on WG Wrap		Teryaki Beef Bowl w/ Plant Based Beef		Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Pasta		WG Tortilla		WG Tortilla		Brown Rice		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Tossed Salad		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
3	Snack	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
		Grain	(D) String Cheese & Crackers		(W) Cinnamon Apple Crackers		(W) Cheese Crackers		Chex Mix		WG Cracker, Vanilla
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		13	MONDAY	14	TUESDAY	15	WEDNESDAY	16	THURSDAY	17	FRIDAY
4	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, Canteloupe		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
4	Lunch & Supper	Meat / Alt	Mac & Cheese		Beef Taco (Plant Based Beef)		Honey Mustard Chick'n Wrap		Veggie Meatball w/ Gravy		Flatbread Pizza w/ DF Cheese & Plant Based Topping
		Grain	WG Pasta		WG Tortilla		WG Tortilla		WG Egg Noodles		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Tossed Salad		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
4	Snack	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
		Grain	Soft Pretzel w/ Mustard		(W) Sweet Potato Cracker		(W) Graham Crackers		(W) Original Animal Cracker		WG Cracker, Churro
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		20	MONDAY	21	TUESDAY	22	WEDNESDAY	23	THURSDAY	24	FRIDAY
1	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
1	Lunch & Supper	Meat / Alt	Dairy Free / Veggie Casserole		BBQ Chick'n Taco		Veggie Burger		Chick'n & Gravy		WG Flatbread
		Grain	WG Pasta		WG Tortilla		WH Hamburger Bun		Brown Rice		WG Flatbread
		Veg	Vegetable Medley		Sweet Corn		Tater Tots		Green Beans		Broccoli
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		Peaches
1	Snack	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
		Grain	(D) String Cheese & Crackers		(W) Cinnamon Apple Crackers		(W) Cheese Crackers		Chex Mix		WG Cracker, Vanilla
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch
		27	MONDAY	28	TUESDAY	29	WEDNESDAY	30	THURSDAY		FRIDAY
2	Breakfast	Grains / Meat / Alt	Cereal, Honey Bunches		WG Waffle		English Muffin w/ Jelly		(W) Muffin, Corn		
		Veg/ Fruit	Fresh Fruit, Banana		Fresh Fruit , Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		
		Milk	Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		Whole Milk or 1 % Milk		
2	Lunch & Supper	Meat / Alt	Meatball Sub (Beef Meatballs)		Beef Taco (Ground Beef)		Veggie & Hummus on WG Wrap		Sweet & Sour Chick'n		
		Grain	WG Dinner Roll		WG Tortilla		WG Tortilla		Brown Rice		
		Veg	Vegetable Medley		Sweet Corn		Tossed Salad		Green Beans		
		Fruit	Pears		Mandarin Oranges		Tropical Fruit Cocktail		Pineapple		
2	Snack	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		
		Grain	Soft Pretzel w/ Mustard		Sweet Potato Cracker		(W) Graham Crackers		(W) Original Animal Cracker		
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		