

VEGETARIAN MENU

CENTER NAME: _____

May 2026



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	Breakfast	Grains / Meat / Alt				Yogurt , Flavored	
		Veg/ Fruit				Fresh Fruit, Honeydew Melon	
		Milk		✓		Whole Milk or 1 % Milk	
Lunch & Supper	Meat / Alt					Flatbread Pizza w/ DF Cheese & Plant Based Topping	
	Grain					WG Flatbread	
	Veg					Broccoli	
	Fruit					Peaches	
	Milk					1% or Whole Milk	
Snack	Grain					WG Cracker, Churro	
	Fruit					100% Fruit Punch	
		4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 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
Lunch & Supper	Meat / Alt	Meatball Sub (Veggie Meatballs)	BBQ Chick'n Taco	Veggie & Hummus on WG Wrap	Teriyaki Beef Bowl w/ Plant Based Beef	Flatbread Pizza w/ DF Cheese & Plant Based Topping	
	Grain	WG Dinner Roll	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	
	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	Chex Mix	WG Cracker, Vanilla	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 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
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	
	Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
Snack	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	
		18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 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
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	
	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	Chex Mix	WG Cracker, Vanilla	
	Fruit	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	29 FRIDAY	
2	Breakfast	Grains / Meat / Alt	Cereal, Honey Bunches	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	Spaghetti w/ Plant Based Sausage	Beef Taco (Plant Based Beef)	Veggie & Hummus on WG Wrap	Sweet & Sour Chick'n	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	
	Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
Snack	Grain	Soft Pretzel w/ Mustard	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	