



VEGETARIAN MENU

CENTER NAME : _____

July 2026



		MONDAY	TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY	
3	Breakfast	Grains / Meat / Alt			Bagel w/ Cream Cheese	(W) Muffin, Blueberry	WG Cinnamon French Toast
		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
Lunch & Supper	Meat / Alt			Veggie & Hummus on WG Wrap	Teryaki Beef Bowl w/ Plant Based Beef	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	
	Milk			1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	
Snack	Grain			(W)Cheese Crackers	Chex Mix	WG Cracker, Vanilla	
	Fruit			100% Fruit Punch	100% Fruit Punch	100% Fruit Punch	
		6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 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	
		13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 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	
		20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 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	
		27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 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)	Tofu & Veggie Taco	Veggie & Hummus on WG Wrap	Teryaki 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	

