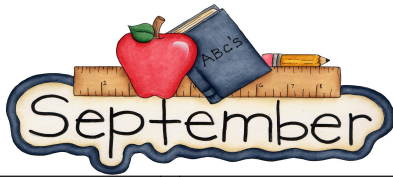




STANDARD MENU
VEGETARIAN MENU



CENTER NAME : _____

		MONDAY		1	TUESDAY		2	WEDNESDAY		3	THURSDAY		4	FRIDAY		
Breakfast	Grains / Meat				Pancakes			WG English Muffin w/ Jelly			Cereal, Cheerio			Yogurt , Flavored		
	Veg/ Fruit				Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew		
	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				Plant based Beef Taco (Ground Beef)			Veggie & Hummus Wrap			Chick'n Slders			Cheese Pizza		
	Grain				WG Tortilla			WG Tortilla			WG Rolls			WG Flatbread		
	Veg				Sweet Corn			Garden Salad			Green Beans			Brocolli		
	Fruit				Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk				1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
Snack	Grain				Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro		
	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch		
		7	MONDAY		8	TUESDAY		9	WEDNESDAY		10	THURSDAY		11	FRIDAY	
Breakfast	Grains / Meat		WG Muffin, Banana			Waffles			WG Bagel w/ Cream Cheese			Cereal, Corn Flakes			Yogurt , Flavored	
	Veg/ Fruit		Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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		CLOSED : LABOR DAY			Veggie Burger w/ Cheese Option			Plant Based Cheesteak Slider			Teryaki Chick'n			Cheese Pizza	
	Grain				WG Hamburger Bun			WG Rolls			Brown Rice			WG Flatbread		
	Veg				Tater Tots			Mixed Vegetable			Green Beans			Brocolli		
	Fruit				Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk				1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
Snack	Grain		String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla	
	Fruit		100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
		14	MONDAY		15	TUESDAY		16	WEDNESDAY		17	THURSDAY		18	FRIDAY	
Breakfast	Grains / Meat		WG Muffin, Cinnamon Apple			Pancakes			WG English Muffin w/ Jelly			Cereal, Honey Bunches			Yogurt , Flavored	
	Veg/ Fruit		Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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 Beef Marinara			Plant Based Beef Taco (Ground Beef)			Veggie & Hummus Wrap			Veggie Casserole			Cheese Pizza	
	Grain		WG Pasta			WG Tortilla			WG Tortilla			Brown Rice			WG Flatbread	
	Veg		Vegetable Medley			Sweet Corn			Garden Salad			Green Beans			Brocolli	
	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			Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro	
	Fruit		100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
		21	MONDAY		22	TUESDAY		23	WEDNESDAY		24	THURSDAY		25	FRIDAY	
Breakfast	Grains / Meat		WG Muffin, Blueberry			Cinnamon French Toast Sticks			WG Bagel w/ Cream Cheese			Cereal, Rice Crispies			Yogurt , Flavored	
	Veg/ Fruit		Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew	
	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			Veggie Burger w/ Cheese Option			Ranch Chick'n Snack Wrap			BBQ Chick'n			Cheese Pizza	
	Grain		WG Pasta			WG Hamburger Bun			WG Tortilla			WG Butttered Noodles			WG Flatbread	
	Veg		Vegetable Medley			Tater Tots			Garden Salad			Green Beans			Brocolli	
	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		String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla	
	Fruit		100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch	
		28	MONDAY		29	TUESDAY		30	WEDNESDAY		31	THURSDAY		30	FRIDAY	
Breakfast	Grains / Meat		WG Muffin, Corn			Pancakes			WG English Muffin w/ Jelly							
	Veg/ Fruit		Fresh Fruit , Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe							
	Milk		Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk							
Lunch & Supper	Meat / Alt		Spaghetti w/ Plant Based Beef Marinara			Plant Based Beef Taco (Ground Beef)			Veggie & Hummus Wrap							
	Grain		WG Pasta			WG Tortilla			WG Tortilla							
	Veg		Vegetable Medley			Sweet Corn			Garden Salad							
	Fruit		Pears			Mandarin Oranges			Tropical Fruit Cocktail							
	Milk		1% or Whole Milk			1% or Whole Milk			1% or Whole Milk							
Snack	Grain		Soft Pretzel w/ Mustard			Cheese Sandwich Crackers			Goldfish Graham Crackers							
	Fruit		100% Fruit Punch			100% Fruit Punch			100% Fruit Punch							

Ranch
WG