

# Little Learners Vegetarian Menu

November 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV				1	2
BF				Oatmeal & Grapes	Muffins & Apples
AMS				Bananas	Fresh Vegetables with Ranch Dip
Lnch				Vegetarian Chili, Carrots, Melon, Cheesy Brown Rice	Meatless Sloppy Joes, Mixed Vegetables, Oranges
PMS				Whole Grain Ritz Crackers & cheese	Pumpkin Bread
	5	6	7	8	9
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	Pancakes & Apples
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Bagels and Cream Cheese
Lnch	Pinto Beans, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli, Broccoli and Cauliflower, Apple Sauce	Meatless chicken, Mashed Potatoes, Grapes, Wheat Bread	Baked Beans, Mixed Vegetables, Melon, Fried Brown Rice	Cheese Sandwich, Carrots, Apples
PMS	Tomato Soup with Crackers	Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix and Juice
	12	13	14	15	16
BF	Whole Grain Cereal & Apples	Raisin Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS	Graham Crackers	Fruit Salad and Yogurt	Fresh Vegetables with Ranch Dip	Bananas	Tomato Soup & Oyster Crackers
Lnch	Hash brown, Cheese Bake, Oranges, Whole Wheat Toast	Chili Beans, Green Beans, Pears, Whole Wheat Roll	Cheese Boca Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Melted Cheese, California Melody, Pears	Cheese Casserole, Peas, Apples
PMS	Vegetarian Veg Soup	Banana Bread and Juice	Cheese Slice with Ritz Crackers	Refried Bean Dip & Tortilla	Fruit Salad with Yogurt
	19	20	21	22	23
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	<b>Closed</b>	<b>Closed</b>
AMS	Oranges	Applesauce	Mandarin Oranges		
Lnch	Meatless Meatballs, Corn, Peaches, Whole Wheat Roll	Fettuccine Alfredo with Whole Wheat Pasta, Broccoli, Oranges	Vegetarian Baked Beans, Sweet Potatoes, Pineapple, Whole Wheat Bun		
PMS	Fish Crackers & Juice	Vegetable Soup & Oyster Crackers	Cheese cubes & juice		
	26	27	28	29	30
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
AMS	Oranges	Apples	Saltines	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Cheese Lasagna, Green Beans, Pears	Meatless Beef Stroganoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Meatless chicken & Pasta, Carrots, Melon, Whole Wheat Bread	Cheese Sandwich, Carrots, Apples
PMS	Tomato Soup with Oyster Crackers	Cheese Cubes with Juice	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice

Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack  
Milk is served with Breakfast, AM Snack, and Lunch