

Little Learners Vegetarian Menu

January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV					
BF		1	2	3	4
AMS		Closed for New Years Day	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Oranges
Lnch			Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
PMS			Vegetarian Baked Beans, Sweet Potatoes, Pineapple, Whole Wheat Bun	Grilled Cheese, Tomato Soup, Grapes, Whole Wheat Bread	Cheese Casserole, Peas, Mixed Fruit
			Cheese cubes & juice	Whole Grain Ritz Crackers & cheese	Zucchini Bread and Juice
BF	7	8	9	10	11
AMS	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
Lnch	Oranges	Apples	Saltines	Bananas	Fresh Vegetables with Ranch Dip
PMS	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, Fruit Salad
	Tomato Soup with Oyster Crackers	Cheese Cubes with Juice	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice
BF	14	15	16	17	18
AMS	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Whole Wheat Bagel & Grapes	Whole Wheat English Muffins & Oranges
Lnch	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
PMS	Lentils, Mixed Vegetables, Peaches, Whole Wheat Bun	Meatless Chicken & Gravy, California Melody, Oranges, Stuffing	Vegetarian Chili, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrots Apples	Bean Casserole, Melon, Corn
	Tomato Soup	Baked Apples with Oatmeal	Chicken Salad with Ritz Crackers	Banana Bread & Juice	Tomato Soup
BF	21	22	23	24	25
AMS	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Apples
Lnch	Oranges	Applesauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
PMS	Meatless Chicken Tenders, Corn, Pears, Wheat Bread	Baked Whole Wheat Mostaccioli & Melted Cheese, Broccoli, Apples	Lentils, Roasted Potato, Grapes, Whole Wheat Bread	Vegetarian Chili, Carrots, Melon, Cheesy Brown Rice	Meatless Sloppy Joes, Mixed Vegetables, Mixed Fruit
	Fish Crackers	Vegetable Soup with Crackers	Cheese & crackers	Whole Grain Ritz Crackers & cheese	Pumpkin Bread
BF	28	29	30	31	
AMS	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	
Lnch	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	
PMS	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	
	Tomato Soup with Crackers	Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	

Milk is served with Breakfast, AM Snack, and Lunch