

Little Learners Vegetarian Menu

February 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV					1
BF					Pancakes & Apples
AMS	♥	♥	♥	♥	Mixed Fruit
Lnch	♥	♥	♥	♥	Cheese Sandwich, Carrots, Apples
PMS					Baked Apples and Oatmeal
	4	5	6	7	8
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	Cereal Mix and Juice	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
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	Tomato Soup and Oyster Crackers
	11	12	13	14	15
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Oranges
AMS	Oranges	Applesauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
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	Grilled Cheese, Tomato Soup, Grapes, Whole Wheat Bread	Cheese Casserole, Peas, Fruit Salad
PMS	Fish Crackers & Juice	Vegetable Soup & Oyster Crackers	Cheese cubes & juice	Whole Grain Ritz Crackers & cheese	Zucchini Bread and Juice
	18	19	20	21	22
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, Fruit Salad
PMS	Tomato Soup with Oyster Crackers	Cheese Cubes with Juice	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice
	25	26	27	28	
	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Whole Wheat Bagel & Grapes	
	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	
	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	
	Tomato Soup	Baked Apples with Oatmeal	Chicken Salad with Ritz Crackers	Banana Bread & Juice	

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