

Little Learners Vegetarian Menu

April 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV	1	2	3	4	5
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Cheese Lasagna, Green Beans, Pears	Meatless Beef Stroganoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Oranges	Meatless chicken & Pasta, Carrots, Melon, Whole Wheat Bread	Cheese Sandwich, Carrots, Grapes
PMS	Tomato Soup with Oyster Crackers	Cheese Cubes with Juice	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice
	8	9	10	11	12
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Whole Wheat Bagel & Grapes	Whole Wheat English Muffins & Oranges
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Lentils, Mixed Vegetables, Peaches, Whole Wheat Bun	Meatless Chicken & Gravy, California Melody, Oranges, Stuffing	Vegatarian Chili, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrots Apples	Bean Casserole, Melon, tomatoes
PMS	Tomato Soup	Baked Apples with Oatmeal	Chicken Salad with Ritz Crackers	Banana Bread & Juice	Tomato Soup & Oyster Crackers
	15	16	17	18	19
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Apples
AMS	Oranges	Applesauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	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
PMS	Fish Crackers	Vegetable Soup with Crackers	Cheese & crackers	Whole Grain Ritz Crackers & cheese	Pumpkin Bread
	22	23	24	25	26
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	Mixed Fruit
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	Baked Apples and Oatmeal
	29	30			
BF	Whole Grain Cereal & Apples	Raisin Bread & Oranges			
AMS	Graham Crackers	Cereal Mix and Juice			
Lnch	Hash brown, Cheese Bake, Oranges, Whole Wheat Toast	Chili Beans, Green Beans, Pears, Whole Wheat Roll			
PMS	Vegetarian Veg Soup	Banana Bread and Juice			

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