

# Little Learners Vegetarian Menu

February 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV					
BF					
AMS	♥	♥	♥	♥	♥
Lnch					
PMS					
	3	4	5	6	7
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Apples
AMS	Oranges	Applesauce	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
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	Tomato Soup & Oyster Crackers	Bagels & Cream Cheese	Whole Grain Ritz Crackers & cheese	Pumpkin Bread
	10	11	12	13	14
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 & Juice	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Saltines & Juice
	17	18	19	20	21
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	Cheese Casserole, Peas, Pears	Cheese Boca Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Melted Cheese, California Melody, Peas	Chili Beans, Green Beans, Apple, Whole Wheat Roll
PMS	Vegetarian Veg Soup	Banana Bread and Juice	Cheese Slice with Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	24	25	26	27	28
	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Mixed Fruit
	Oranges	Applesauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
	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, Melon
	Fish Crackers & Juice	Tomato Soup & Oyster Crackers	Baked Apples and Oatmeal	Whole Grain Ritz Crackers & cheese	Zucchini Bread and Juice

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