

Little Learners Vegetarian Menu

June 2019



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