



Little Learners Vegetarian Menu

July 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV	1	2	3	4	5
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas		
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip		
Lnch	Lentils, Mixed Vegetables, Peaches, Whole Wheat Bun	Meatless Chicken & Gravy, Mashed Potatoes, Oranges, Stuffing	Vegetarian Chili, Mashed Potatoes, Grapes, Whole Wheat Bread	Closed	Closed
PMS	Tomato Soup	Baked Apples with Oatmeal	Cheese & Crackers		
	8	9	10	11	12
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
	15	16	17	18	19
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
	22	23	24	25	26
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, Peas, Whole Wheat Roll
PMS	Vegetarian Veg Soup	Banana Bread and Juice	Cheese Slice with Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	29	30	31		
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas		
AMS	Oranges	Applesauce	Mandarin Oranges		
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		
PMS	Cereal Mix & Juice	Tomato Soup & Oyster Crackers	Baked Apples and Oatmeal		

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