

Little Learners Vegetarian Menu

August 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV				1	2
BF				Whole Wheat Toast & Grapes	Pancakes & Mixed Fruit
AMS				Bananas	Fresh Vegetables with Ranch Dip
Lnch				Grilled Cheese, Tomato Soup, Grapes, Whole Wheat Bread	Cheese Casserole, Peas, Melon
PMS				Whole Grain Ritz Crackers & cheese	Zucchini Bread and Juice
	5	6	7	8	9
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, Apples
PMS	Tomato Soup with Oyster Crackers	Cheese & Crackers	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Fish Crackers & Juice
	12	13	14	15	16
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, Diced Potatoes, Oranges, Stuffing	Vegetarian Chili, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrots Apples	Bean Casserole, Melon, tomatoes
PMS	Tomato Soup	Baked Apples with Oatmeal	Cheese & Crackers	Banana Bread & Juice	Cereal Mix & Juice
	19	20	21	22	23
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
	26	27	28	29	30
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

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