

Little Learners Vegetarian Menu

September
2019



	Monday	Tuesday	Wednesday	Thursday	Friday
ABV	2	3	4	5	6
BF	Closed	Raisin Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS		Cereal Mix and Juice	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch		Cheese Casserole, Peas, Pears	Cheese Boca Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Melted Cheese, California Melody, Pears	Chili Beans, Green Beans, Apple, Whole Wheat Roll
PMS		Banana Bread and Juice	Cheese Slice with Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	9	10	11	12	13
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 Casserole, Peas, Melon
PMS	Fish Crackers & Juice	Tomato Soup & Oyster Crackers	Baked Apples and Oatmeal	Whole Grain Ritz Crackers & cheese	Zucchini Bread and Juice
	16	17	18	19	20
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
	23	24	25	26	27
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
	30				
BF	Whole Grain Cereal & Apples				
AMS	Oranges				
Lnch	Meatless Chicken Tenders, Corn, Pears, Wheat Bread				
PMS	Fish Crackers				

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