



Vegetarian Menu

June 2013

1 -2 Year Old Lunch

****All meals served with ½ pint whole milk****

| | | | | |
|--|--|--|--|---|
| <p>June 3</p> <p>Macaroni & Cheese</p> <p>1 Cup Mac & Chz w/ 2 oz Cheddar Cheese ¼ Cup Green Beans ¼ Cup Mandarin Oranges NO MAC & CHEESE W/ HAM</p> | <p>June 4</p> <p>Baked Lentil Loaf</p> <p>1 Sliced Lentil Loaf ½ Cup Rice Pilaf ¼ Cup Cooked Carrots ¼ Cup Diced Pears NO BAKED HAM</p> | <p>June 5</p> <p>Veggie Wrap</p> <p>½ Cup Vegetables 2 oz American Cheese ½ oz Honey Mustard Dressing ¼ Cup Shredded Lettuce ¼ Cup Diced Peaches 1 Each Tortilla Wrap NO CHICKEN</p> | <p>June 6</p> <p>BBQ Bean Sandwich</p> <p>½ Cup BBQ Beans ¼ Cup Cooked Carrots ¼ Cup Pineapple Tidbits 1 Each Sandwich Roll NO TURKEY BBQ</p> | <p>June 7</p> <p>Egg Salad Sandwich</p> <p>2 oz Egg Salad .5oz American Chz ¼ Cup California Veg Blend ¼ Cup Applesauce 1 Slice Whole Wheat Bread NO TUNA SALAD</p> |
| <p>June 10</p> <p>Cheese Tortellini</p> <p>½ Cup Cheese Tortellini ¼ Cup Cooked Broccoli ¼ Cup Diced Watermelon 1 Slice Wheat Bread</p> | <p>June 11</p> <p>Bean Taco</p> <p>½ Cup Beans ½ oz Shredded Cheddar Cheese ¼ Cup Shredded Lettuce ½ oz Salsa 1 Each Whole Banana 1 Each Tortilla Shell NO GROUND BEEF</p> | <p>June 12</p> <p>Baked Italian Veggies w/ Cheese</p> <p>2 oz Provolone Cheese ½ Cup Sautéed Veggies ¼ Cup Pasta Salad ¼ Cup Cooked Broccoli ¼ Cup Applesauce NO BAKED CHICKEN</p> | <p>June 13</p> <p>Open Faced Veggie Burger w/ Veggie Gravy</p> <p>4 oz Veggie Burger ½ oz Veggie Gravy ¼ Cup Peas ¼ Cup Sliced Apples 1 Slice Wheat Bread NO ROASTED TURKEY W/ GRAVY</p> | <p>June 14</p> <p>Cucumber & Cheese Sandwich</p> <p>½ Cup Cucumbers 2 oz American Cheese ¼ Cup Peas ¼ Cup Cooked Green Beans 1 Each Whole Orange 1 Slice Wheat Bread NO CHICKEN SALAD</p> |
| <p>June 17</p> <p>Chicken BBQ Sandwich</p> <p>1.5 oz Chicken BBQ ¼ Cup Cooked Broccoli ¼ Cup Diced Pears 1 Each Sandwich Roll NO CHICKEN BBQ</p> | <p>June 18</p> <p>Veggie Ziti</p> <p>2 oz Mozzarella Cheese ½ Cup Penne Pasta ¼ Cup Cooked Cauliflower ¼ Cup Diced Peaches NO BEEF ZITI</p> | <p>June 19</p> <p>Baked Italian Veggies w/ Cheese</p> <p>2 oz Provolone Cheese ½ Cup Sautéed Veggies ¼ Cup Corn ¼ Cup Pineapple Tidbits 1 Slice Wheat Bread NO BAKED ITALIAN CHICKEN</p> | <p>June 20</p> <p>Veggie Burger</p> <p>4 oz Veggie Burger ½ oz American Cheese ¼ Cup Peeled & Diced Cucumbers 1 Each Whole Banana 1 Each Sandwich Roll NO HAMBURGER</p> | <p>June 21</p> <p>Tomato & Mozzarella Sandwich</p> <p>½ Cup Tomatoes 2 oz American Cheese ¼ Cup Cooked Carrots ¼ Cup Honeydew 1 Slice Wheat Bread NO TURKEY HAM</p> |
| <p>June 24</p> <p>Scrambled Eggs</p> <p>2 oz Eggs ½ oz Shredded Cheddar Cheese ¼ Cup Applesauce ¼ Cup Home fries 1 Slice Wheat Bread</p> | <p>June 25</p> <p>Chopped Veggie Burger w/ Veggie Gravy</p> <p>4 oz Chopped Veggie Burger w/ Veggie Gravy ¼ Cup Cooked Peas ¼ Cup Diced Peaches 1 Slice Wheat Bread NO CHICKEN</p> | <p>June 26</p> <p>Veggie Hoagie</p> <p>2 oz Veggie Balls 2 oz Mozzarella Cheese ¼ Cup Cooked Corn ¼ Cup Diced Peas 1 Each Hoagie Roll NO MEATBALLS</p> | <p>June 27</p> <p>Loaded Baked Potato</p> <p>½ Each Baked Potato 2 oz Cheese Sauce 1 Each Butter Packet 1 Each Whole Orange 1 Each Dinner Roll</p> | <p>June 28</p> <p>Egg Salad Sandwich</p> <p>2 oz Egg Salad ¼ Cup Cooked Carrots ¼ Cup Applesauce 1 Each Sandwich Roll</p> |
| | | | | |

Approved by Barbara Myers RD, LD/N

All pastas are a 50-50 blend of whole wheat and white pasta