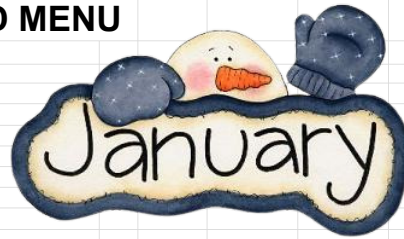


VEGETARIAN / PLANT - BASED MENU

2 - WEEK ROTATING MENU

MONTH: JANUARY
 YEAR : 2023
 CENTER PARENT INFANT CENTER



ACAW Enterprise
 Childcare Food Service & Manufacturing

MENU KEY:	
(D)	= Dairy
(B)	= Beef
(E)	= Egg
(C)	= Citrus
(W)	= Wheat
** = Wheat componet can be omitted	

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY [1]
	(D) Baked Ziti Mozzarella Cheese / Plant Based Ground Beef		General Tso Chicken Sandwich Plant-Based Chicken Patty		(D) Walking Veggie Taco ** Plant-Based Taco Meat, Cheddar Cheese		(W) (D) Pizza Stix Mozzarella Cheese		
Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt	
Grain	WG Noodle	Grain	(W) WG Hamburger Roll	Grain	(W) Corn Chips	Grain	WG Breading	Grain	
Veg	Peas/Com/Carrot/Stringbean	Veg	String Beans	Veg	Tomato Salsa / Lettuce	Veg	Tossed Salad w/ Dressing	Veg	
Fruit	Cantelope / Honeydew	Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk

9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY [2]
	Plant-Based Beef Frank ** (W) WG Hotdog Roll		(W) Vegetable Soup (W) WG Rotini Noodle		(D) Veggie Burger ** (W) WG Hamburger Roll		(W) (D) Macaroni & Cheese (W) WG Rotini Noodle		
Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt	
Grain	Veggie Baked Beans	Grain	String Beans	Grain	Sweet Potato Mash	Grain	Vegetable Medley	Grain	
Veg	Grapefruit Slices	Veg	Apple Slices	Veg	Apple Slices	Veg	Orange Slices	Veg	
Fruit		Fruit		Fruit		Fruit		Fruit	
L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk

16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY [3]
	PIC CLOSED		General Tso Chicken Sandwich Plant-Based Chicken Patty		(D) Walking Veggie Taco** Plant-Based Taco Meat, Cheddar Cheese		(W) (D) Pizza Stix Mozzarella Cheese		
Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt	
Grain		Grain	(W) WG Hamburger Roll	Grain	(W) Corn Chips	Grain	WG Breading	Grain	
Veg		Veg	String Beans	Veg	Tomato Salsa / Lettuce	Veg	Tossed Salad w/ Dressing	Veg	
Fruit		Fruit	Apple Slices	Fruit	Grapefruit Slices	Fruit	Orange Slices	Fruit	
L/D		L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk

23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY [4]
	Plant-Based Beef Frank ** (W) WG Hotdog Roll		(W) Vegetable Soup (W) WG Rotini Noodle		(D) Veggie Burger ** (W) WG Hamburger Roll		(W) (D) Macaroni & Cheese (W) WG Rotini Noodle		
Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt		Meat / Alt	
Grain	Veggie Baked Beans	Grain	String Beans	Grain	Sweet Potato Mash	Grain	Vegetable Medley	Grain	
Veg	Grapefruit Slices	Veg	Apple Slices	Veg	Apple Slices	Veg	Orange Slices	Veg	
Fruit		Fruit		Fruit		Fruit		Fruit	
L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk	L/D	Milk

30	MONDAY	31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY [5]
	(D) Baked Ziti Mozzarella Cheese		General Tso Chicken Sandwich Plant-Based Chicken Patty			
Meat / Alt		Meat / Alt				
Grain	WG Noodle	Grain	WG Hamburger Roll			
Veg	Peas/Com/Carrot/Stringbean	Veg	String Beans			
Fruit	Cantelope / Honeydew	Fruit	Apple Slices			
L/D	Milk 1% or Whole Milk	L/D	Milk 1% or Whole Milk			

[1] WEEK 1

[2] WEEK 2

[3] WEEK 1

[4] WEEK 2

[5] WEEK 1