

# VEGETARIAN / PLANT - BASED MENU

## 2 - WEEK ROTATING MENU

MONTH: MARCH  
 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 component can be omitted

	MONDAY		TUESDAY	1	WEDNESDAY	2	THURSDAY	3	FRIDAY [1]
					(D) Walking Veggie Taco Plant-Based Taco Meat, Cheddar Cheese		(W) (D) Pizza Stix Mozzarella Cheese		
					(W) Corn Chips		Meat / Alt		Meat / Alt
					Tomato Salsa / Lettuce		Grain		Grain
					Grapefruit Slices		Veg		Veg
					1% or Whole Milk		Fruit		Fruit
				L/D		L/D	Milk		Milk
							1% or Whole Milk		
6	MONDAY	7	TUESDAY	8	WEDNESDAY	9	THURSDAY	10	FRIDAY [2]
	Cowboy Beans Plant- Based Ground Beef		(W)Vegetable Soup		(D) Veggie Burger		(W) (D) Macaroni & Cheese		Meat / Alt
	(W) WG Dinner Roll		(W) WG Rotini Noodle		(W) WG Hamburger Roll		(W) WG Rotini Noodle		Grain
	Veggie Baked Beans		String Beans		Sweet Potato Mash		Vegetable Medley		Veg
	Grapefruit Slices		Apple Slices		Apple Slices		Orange Slices		Fruit
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		Milk
L/D		L/D		L/D		L/D		L/D	
13	MONDAY	14	TUESDAY	15	WEDNESDAY	16	THURSDAY	17	FRIDAY [3]
	(D) Baked Ziti Mozzarella Cheese		Meatless Chicken Nuggets		(D) Walking Veggie Taco Plant-Based Taco Meat, Cheddar Cheese		(W) (D) Pizza Stix Mozzarella Cheese		Meat / Alt
	WG Noodle		(W) WG Dinner Roll		(W) Corn Chips		WG Breading		Grain
	Peas/Corn/Carrot/Stringbean		String Beans		Tomato Salsa / Lettuce		Tossed Salad w/ Dressing		Veg
	Cantelope / Honeydew		Apple Slices		Grapefruit Slices		Orange Slices		Fruit
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		Milk
L/D		L/D		L/D		L/D		L/D	
20	MONDAY	21	TUESDAY	22	WEDNESDAY	23	THURSDAY	24	FRIDAY [4]
	Meatless Meatballs w/ Marinara		Meatless Chicken Tenders		Veggie Burger		(W) (D) Macaroni & Cheese		Meat / Alt
	(W) WG Rotini Noodle		(W) WG Dinner Roll		(W) WG Hamburger Roll		(W) WG Rotini Noodle		Grain
	Mixed Vegetable		String Beans		Sweet Potato Mash		Vegetable Medley		Veg
	Grapefruit Slices		Apple Slices		Apple Slices		Orange Slices		Fruit
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		Milk
L/D		L/D		L/D		L/D		L/D	
27	MONDAY	28	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY [5]
	(D) Baked Ziti Mozzarella Cheese		General Tso Chicken Sandwich Plant-Based Chicken Patty						
	WG Noodle		(W) WG Hamburger Roll						
	Peas/Corn/Carrot/Stringbean		String Beans						
	Cantelope / Honeydew		Apple Slices						
	1% or Whole Milk		1% or Whole Milk						
L/D		L/D							

[1] WEEK 1

[2] WEEK 2

[3] WEEK 3

[4] WEEK 4

[5] WEEK 1