

VEGETARIAN / PLANT - BASED MENU



ACAW Enterprise
Childcare Food Service & Manufacturing

2 - WEEK ROTATING MENU

MONTH: SEPTEMBER
YEAR : 2023
CENTER PARENT INFANT CENTER

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

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	1	FRIDAY [1]
								Grain	
								Veg	
								Fruit	
								Milk	
4	MONDAY	5	TUESDAY	6	WEDNESDAY	7	THURSDAY	8	FRIDAY [2]
	PIC CLOSED	Meat / Alt	(W) Veggie Chicken Nuggetss w/ Honey Mustard		(D) BBQ Beef Flatbread Plant Based Beef, Mozzarella cheese	Meat / Alt	(W) (D) Macaroni & Cheese	Meat / Alt	Cheese
	FOR	Grain	(W) WG Dinner Roll		(W) WG Flatbread	Grain	(W) WG Noodle	Grain	Pizza Crust
	LABOR DAY	Veg	String Beans		Broccoli / Cauliflower / Carrot	Veg	Vegetable Medley	Veg	Toamoto Sauce
		Fruit	Apple Slices		Watermelon, Fresh	Fruit	Orange Slices	Fruit	Applesauce
L/D		L/D	Milk	L/D	Milk	L/D	Milk	L/D	Milk
			1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
11	MONDAY	12	TUESDAY	13	WEDNESDAY	14	THURSDAY	15	FRIDAY [3]
	(D) Baked Ziti Mozzarella Cheese		(D) General Tso Chicken Sandwich Plant-Based Chicken Patty		Veggie Chicken		Sloppy Joe Plant Based Ground Beef		Cheese
	WG Noodle		(W) WG Hamburger Roll		(W) Brown Rice	Meat / Alt	WG Hamburger Roll	Meat / Alt	Pizza Crust
	Peas/Com/Carrot/Stringbean		String Beans		Vegetable Medley	Grain	Cob Corn	Grain	Toamoto Sauce
	Cantelope / Honeydew		Apple Slices		Watermelon, Fresh	Veg	Orange Slices	Veg	Applesauce
L/D		L/D	Milk	L/D	Milk	L/D	Milk	L/D	Milk
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
18	MONDAY	19	TUESDAY	20	WEDNESDAY	21	THURSDAY	22	FRIDAY [4]
	Cowboy Beans Plant- Based Ground Beef	Meat / Alt	(W)Vegetable Soup	Meat / Alt	(D) Veggie Burger	Meat / Alt	Veggie Chicken Garden Salad	Meat / Alt	Cheese
	(W) WG Dinner Roll	Grain	(W) WG Noodle	Grain	(W) WG Hamburger Roll	Grain	(W) WG Dinner Roll	Grain	Pizza Crust
	Veggie Baked Beans	Veg	String Beans	Veg	Sweet Potato Mash	Veg	Salad	Veg	Toamoto Sauce
	Cantelope / Honeydew	Fruit	Apple Slices	Fruit	Watermelon, Fresh	Fruit	Orange Slices	Fruit	Applesauce
L/D		L/D	Milk	L/D	Milk	L/D	Milk	L/D	Milk
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk
25	MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY	29	FRIDAY [5]
	(D) Baked Ziti Mozzarella Cheese		(D) Pulled BBQ Chicken (Veggie) w/ Cheddar Cheese		(D) Walking Veggie Taco Plant-Based Taco Meat, Cheddar Cheese	Meat / Alt	(W) (D) Pizza Stix Mozzarella Cheese	Meat / Alt	Cheese
	WG Noodle		(W) WG Corn Bread Poppers		(W) WG Tortilla Wrap	Grain	WG Breading	Grain	Pizza Crust
	Peas/Com/Carrot/Stringbean		String Beans		Tomato Salsa / Lettuce	Veg	Tossed Salad w/ Dressing	Veg	Toamoto Sauce
	Cantelope / Honeydew		Apple Slices		Watermelon, Fresh	Fruit	Orange Slices	Fruit	Applesauce
L/D		L/D	Milk	L/D	Milk	L/D	Milk	L/D	Milk
	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk

[1] WEEK 3

[2] WEEK 4

[3] WEEK 1

[4] WEEK 2

[5] WEEK 3