## VEGETARIAN MENU 2 - WEEK ROTATING MENU

MONTH: MAY YEAR: 2024





ACAW Enterprise Childcare Food Service & Manufacturing

	MENU K	EY:						
(D) = Dairy								
(B) = Beef								
(E) = Egg								
	(C) = Cit	trus						
(W) = Wheat								

MONDAY  MONDAY  MONDAY  aked Ziti theese / Veggie Crumbles V) WG Noodle  String Beans	7		TUESDAY	1 L/D	Meat / Alt Grain Veg Fruit	WEDNESDAY  Cheese Flatbread  Mozzarella Cheese  (W) WG Flatbread	2	Meat / Alt	THURSDAY (D) (W)	3	(W) = Whe	FRIDAY [1]
MONDAY aked Ziti theese / Veggie Crumbles V) WG Noodle String Beans	7			1 L/D	Grain Veg	Cheese Flatbread Mozzarella Cheese ( <b>W</b> ) WG Flatbread	2	Meat / Alt	(D) (W)	3		FRIDAY [1]
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7			L/D	Grain Veg	Mozzarella Cheese (W) WG Flatbread		Meat / Alt				
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7			L/D	Veg	. ,		.viout / / tit	Macaroni & Cheese		Meat / Alt	Cheese
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7			L/D				Grain	(W) WG Rotini Noodles		Grain	Pizza Crust
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7			L/D	Fruit	Brocolli		Veg	Sliced Carrots		Veg	Toamato Sauce
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7			L/D	Truit	Fresh Fruit, Kiwi		Fruit	Fresh Fruit, Oranges		Fruit	Applesauce
aked Ziti Cheese / Veggie Crumbles V) WG Noodle String Beans	7				Milk	1% or Whole Milk	L/D	Milk	1% or Whole Milk		Milk	1% or Whole Milk
theese / Veggie Crumbles  V) WG Noodle  String Beans			TUESDAY	8		WEDNESDAY	9		THURSDAY	10		FRIDAY [2]
V) WG Noodle String Beans			(W) Veggie Casserole			Cheese Flatbread			Sloppy Joe			
String Beans		Meat / Alt	Plant Based Chicken	_	Meat / Alt	Mozzarella Cheese		Meat / Alt	Veggie Crumbles		Meat / Alt	Cheese
	_	Grain	(W) WG Noodle	_	Grain	(W) WG Flatbread		Grain	(W) WG Egg Noodle		Grain	Pizza Crust
	_	Veg	Cauliflower Medley	4	Veg	Brocolli	_	Veg	String Beans	_	Veg	Toamato Sauce
uit, Canteloupe Melon	-I. ,_	Fruit Milk	Fresh Fruit, Apple Slices	-I. ,_	Fruit	Fresh Fruit, Kiwi	<b>⊢</b>  . ,,	Fruit	Fresh Fruit, Oranges	_	Fruit	Applesauce
6 or Whole Milk	L/D	Milk	1% or Whole Milk	L/D	Milk	1% or Whole Milk	L/D	Milk	1% or Whole Milk		Milk	1% or Whole Milk
MONDAY	14		TUESDAY	15		WEDNESDAY	16		THURSDAY	17		FRIDAY [3]
ef Stroganoff eggie Crumbles		Meat / Alt	(W) Pulled BBQ Chicken Plant Pased Chicken		Meat / Alt	Cheese Flatbread Mozzarella Cheese		Meat / Alt	(D) (W) Macaroni & Cheese		Meat / Alt	Cheese
WG Egg Noodle		Grain	WG Dinner Roll		Grain	(W) WG Flatbread		Grain	(W) WG Rotini Noodles		Grain	Pizza Crust
String Beans		Veg	Cauliflower Medley	_	Veg	Brocolli		Veg	Sliced Carrots		Veg	Toamato Sauce
uit, Canteloupe Melon		Fruit	Fresh Fruit, Apple Slices	_	Fruit	Fresh Fruit, Kiwi	_	Fruit	Fresh Fruit, Oranges		Fruit	Applesauce
6 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	1% or Whole Milk
MONDAY	21		TUESDAY	22		WEDNESDAY	23		THURSDAY	24		FRIDAY [4]
aked Ziti heese / Veggie Crumbles		Meat / Alt	veggie Crumbles		Meat / Alt	Cheese Flatbread Mozzarella Cheese		Meat / Alt	Veggie Chili Beans		Meat / Alt	Cheese
V) WG Noodle		Grain	(W) WG Tortilla Wrap	_	Grain	(W) WG Roll	_	Grain	WG Brown Rice		Grain	Pizza Crust
String Beans		Veg	Tomato Salsa / Lettuce	_	Veg	Cauliflower Medley		Veg	Carrots / Corn		Veg	Toamato Sauce
uit, Canteloupe Melon	_	Fruit	Fresh Fruit, Apple Slices	_	Fruit	Fresh Fruit, Kiwi	_	Fruit	Fresh Fruit, Oranges	_	Fruit	Applesauce
6 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	1% or Whole Milk
MONDAY	28		TUESDAY	29			30			31		FRIDAY [5]
		Meat / Alt	) Plant Based Sweet & Sour Chicken		Meat / Alt	Cheese Flatbread Mozzarella Cheese		Meat / Alt	(D) (W) Macaroni & Cheese		Meat / Alt	Cheese
		Grain	WG Brown Rice		Grain	(W) WG Flatbread		Grain	(W) WG Rotini Noodles		Grain	Pizza Crust
		Veg	Cauliflower Medley		Veg	Brocolli		Veg	Sliced Carrots		Veg	Toamato Sauce
			Fresh Fruit, Apple Slices			Fresh Fruit, Kiwi						Applesauce
	L/D	Milk	1% or Whole Milk	L/D	Milk	1% or Whole Milk	L/D	Milk	1% or Whole Milk		Milk	1% or Whole Milk
		L/D	L / D Veg Fruit L / D Milk	Fruit Fresh Fruit, Apple Slices	Fruit Fresh Fruit, Apple Slices	Fruit Fresh Fruit, Apple Slices Fruit	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi Fruit	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi Fruit Fresh Fruit, Oranges	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi Fruit Fresh Fruit, Oranges	Fruit Fresh Fruit, Apple Slices Fruit Fresh Fruit, Kiwi Fruit Fresh Fruit, Oranges Fruit

- [1] WEEK 2
- [2] WEEK 3
- [3] WEEK 4
- [4] WEEK 1
- [5] WEEK 2