

VEGETARIAN MENU

4 - WEEK ROTATING MENU

MONTH: OCTOBER

YEAR : 2024

CENTER:



ACA W Enterprise
Childcare Food Service & Manufacturing

MENU KEY:

(D) = Dairy

(B) = Beef

(E) = Egg

(C) = Citrus

(W) = Wheat

	MONDAY	1	TUESDAY	2	WEDNESDAY	3	THURSDAY	4	FRIDAY [1]						
			Meat / Alt Grain Veg Fruit Milk	Vegetarian Casserole WG Pasta Cauliflower Medley Fresh Fruit, Apple Slices 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Chic'n Nuggets WG Dinner Roll Sweet Potatoes Fresh Fruit, Watermelon 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Sub Veggie Meatball WG Dinner Roll Glazed Carrots Fresh Fruit, Oranges 1% or Whole Milk					
5	Meat / Alt Grain Veg Fruit Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Pasta Veggie Sausage WG Pasta String Beans Fresh Fruit, Canteloupe 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Joe Veggie Sausage WG Hamburger Bun Glazed Carrots Fresh Fruit, Watermelon 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Burger WG Bun Glazed Carrots Fresh Fruit, Oranges 1% or Whole Milk					
14	Meat / Alt Grain Veg Fruit Milk		596 Grain Veg Fruit Milk	Vegetarian Casserole WG Pasta Cauliflower Medley Fresh Fruit, Apple Slices 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Wraps WG Tortilla Wrap Tossed Salad w/ Dressing Fresh Fruit, Watermelon 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Chick'n Veg Chick'n Breast Brown Rice Broccoli Fresh Fruit, Oranges 1% or Whole Milk					
21	Meat / Alt Grain Veg Fruit Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Taco Veggie Sausage WG Tortilla Wrap Lettuce / Tomato Salsa Fresh Fruit, Apple Slices 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Wraps Chickpea Salad WG Tortilla Wrap Tossed Salad w/ Dressing Fresh Fruit, Watermelon 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Meatball WG Dinner Roll Mashed Potato Fresh Fruit, Oranges 1% or Whole Milk					
28	Meat / Alt Grain Veg Fruit Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Casserole WG Pasta Cauliflower Medley Fresh Fruit, Apple Slices 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Veggie Chic'n Nuggets WG Dinner Roll Sweet Potatoes Fresh Fruit, Watermelon 1% or Whole Milk		Meat / Alt Grain Veg Fruit Milk	Vegetarian Sub Veggie Meatball WG Dinner Roll Glazed Carrots Fresh Fruit, Oranges 1% or Whole Milk					

[1] WEEK 3

[2] WEEK 4

[3] WEEK 1

[4] WEEK 2

[5] WEEK 3