VEGETARIAN MENU

4 - WEEK ROTATING MENU

MONTH:

JANUARY

YEAR:

2025

CENTER:

PARENT INFANT CENTER





ACAW Enterprise Childcare Food Service & Manufacturing

| MENU KEY: | |
|--------------|--|
| (D) = Dairy | |
| (B) = Beef | |
| (E) = Egg | |
| (C) = Citrus | |
| (W) = Wheat | |

| MONDAY | | TUESDAY | 1 | WEDNESDAY | 2 | | THURSDAY | 3 | | FRIDAY [1] |
|--------|--|---------|-----|------------|-----|---------------|----------------------|-----|---------------|------------------|
| | | | | PIC CLOSED | | Meat / Alt | Veggie Chili | | Meat / Alt | Cheese |
| | | | | 710 020025 | | 7 110 | veggie omii | | Grai | |
| | | | | | | Grain | WG Bun | | n | Pizza Crust |
| | | | | | | Veg | Glazed Carrots | | Veg | Tomato Sauce [2] |
| | | | | | | Fruit | Fresh Fruit, Oranges | | Fruit | Applesauce |
| | | | L/D | | L/D | Milk | 1% or Whole Milk | L/C | Milk | 1% or Whole Milk |

| 6 | | MONDAY | 7 | | TUESDAY | 8 | | WEDNESDAY | 9 | | THURSDAY | 10 | | FRIDAY [3] |
|-----|------------|------------------------|-----|--------|---------------------------|-----|--------|-------------------|-----|--------|----------------------|-----|-------|------------------|
| | | Meatball | | Meat / | eggie Casserole | | Meat / | | | Meat / | ur Chick'n | | Meat | |
| | Meat / Alt | Veggie Meatballs | | Alt | Tofu, Protien | | Alt | Veggie Burger | | Alt | Veg Chick'n Breast | | / Alt | Cheese |
| | | | | | | | | | | | | | Grai | |
| | Grain | WG Pasta | | Grain | WG Pasta | | Grain | WG Bread | | Grain | Brown Rice | | n | Pizza Crust |
| | Veg | String Beans | | Veg | Cauiliflower Medley | | Veg | Sweet Corn | 1 | Veg | Glazed Carrots | | Veg | Tomato Sauce [4] |
| | Fruit | Fresh Fruit, Cateloupe | | Fruit | Fresh Fruit, Apple Slices | | Fruit | Fresh Fruit, Kiwi | | Fruit | Fresh Fruit, Oranges | | Fruit | Applesauce |
| 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 | 1% or Whole Milk |

| 13 | | MONDAY | 14 | | TUESDAY | 15 | | WEDNESDAY | 16 | | THURSDAY | 17 | FRIDAY [5] |
|-----|------------|------------------------|-----|--------|---------------------------|-----|--------|--------------------------|-----|--------|----------------------|----------|------------------|
| | | ra Pasta | | Meat / | gjie Taco | | Meat / | | | Meat / | | Meat | |
| | Meat / Alt | Veggie Sausage | | Alt | Veggie Sausage Crumbles | | Alt | e Hummus Wraps | | Alt | Veggie Meatball | / Alt | Cheese |
| | | | | | | | | | | | | Grai | |
| | Grain | WG Pasta | | Grain | WG Tortilla Wrap | | Grain | WG Tortilla Wrap | | Grain | WG Dinner Roll | n | Pizza Crust |
| | Veg | String Beans | | Veg | Lettuce / Tomato Salsa | | Veg | Tossed Salad w/ Dressing | | Veg | Mashed Potato | Veg | Tomato Sauce [6] |
| | Fruit | Fresh Fruit, Cateloupe | | Fruit | Fresh Fruit, Apple Slices | | Fruit | Fresh Fruit, Kiwi | | Fruit | Fresh Fruit, Oranges | Fruit | Applesauce |
| 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 | 1% or Whole Milk |

| 20 | MONDAY | 21 | | TUESDAY | 22 | | WEDNESDAY | 23 | | THURSDAY | 24 | FRIDAY [7] |
|-----|-------------|-----|-------|---------------------------|-----|-------|-------------------|-----|--------|-----------------------|------------|--------------------|
| | BIO 01 00ED | | | eggie Casserole | | | illed Cheese | | Meat / | Variation National | Mea | |
| | PIC CLOSED | - | Alt | Tofu, Protien | - | Alt | Cheddar Cheese | - | Alt | Veggie Chic'n Nuggets | / A Gra | |
| | | | Grain | WG Pasta | | Grain | WG Bread | | Grain | WG Dinner Roll | n | Pizza Crust |
| | | | Veg | Cauiliflower Medley | | Veg | Sweet Corn | | Veg | Sweet Potatoes | Ve | g Tomato Sauce [8] |
| | | | Fruit | Fresh Fruit, Apple Slices | | Fruit | Fresh Fruit, Kiwi | | Fruit | Fresh Fruit, Oranges | Fru | it Applesauce |
| L/I | | L/D | Milk | 1% or Whole Milk | L/D | Milk | 1% or Whole Milk | L/D | Milk | 1% or Whole Milk | L/D Mill | k 1% or Whole Milk |
| | | | | | | | | | | | | |

| 27 | MONDAY | 28 | TUESDAY | 29 | WEDNESDAY | 30 | THURSDAY | 31 | FRIDAY [9] |
|----|--------|----|---------|----|-----------|----|----------|----|------------|

| | Meat / Alt | <i>ra Pasta</i> Veggie Sausage | | Meat / Alt | Ricotta / Basil / Tomato Pasta | | Meat / Alt | e Hummus Wraps | | Meat / Alt | Veggie Chili | | leat Alt | Cheese |
|-----|------------|-----------------------------------|-----|---------------|-----------------------------------|-----|---------------|--------------------------|-----|---------------|----------------------|------|-------------|-------------------|
| | | | | | | | | | | | | 0 | 3rai | |
| | Grain | WG Pasta | | Grain | WG Pasta | | Grain | WG Tortilla Wrap | | Grain | WG Bun | | n | Pizza Crust |
| | Veg | String Beans | | Veg | Cauliflower Medley | | Veg | Tossed Salad w/ Dressing | | Veg | Glazed Carrots | \ | /eg | Tomato Sauce [10] |
| | Fruit | Fresh Fruit, Cateloupe | | Fruit | Fresh Fruit, Apple Slices | | Fruit | Fresh Fruit, Kiwi | | Fruit | Fresh Fruit, Oranges | F | ruit | Applesauce |
| 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/DN | 1ilk | 1% or Whole Milk |

- [1] WEEK 1
- [2] WEEK 2
- [3] WEEK 2
- [4] WEEK 2
- [5] WEEK 3
- [6] WEEK 2
- [7] WEEK 4
- [8] WEEK 2
- [9] WEEK 1
- [10] WEEK 2