

# VEGETARIAN MENU

## 4 - WEEK ROTATING MENU

MONTH: FEBRUARY  
 YEAR: 2025  
 CENTER: PARENT INFANT CENTER



ACAW Enterprise  
 Childcare Food Service & Manufacturing

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

| 3     | MONDAY     |                                     | 4     | TUESDAY    |  | 5     | WEDNESDAY  |                      | 6     | THURSDAY   |  | 7     | FRIDAY [1] |                  |
|-------|------------|-------------------------------------|-------|------------|--|-------|------------|----------------------|-------|------------|--|-------|------------|------------------|
|       | Meat / Alt | <b>Meatball</b><br>Veggie Meatballs |       | Meat / Alt | <b>Veggie Casserole</b><br>Tofu, Protien |       | Meat / Alt | <b>Veggie Burger</b> |       | Meat / Alt | <b>our Chick'n</b><br>Veg Chick'n Breast |       | Meat / Alt | Cheese           |
|       | Grain      | WG Pasta                            |       | Grain      | WG Pasta                                 |       | Grain      | WG Bread             |       | Grain      | Brown Rice                               |       | Grain      | Pizza Crust      |
|       | Veg        | String Beans                        |       | Veg        | Cauliflower Medley                       |       | Veg        | Sweet Corn           |       | Veg        | Glazed Carrots                           |       | Veg        | Tomato Sauce [2] |
|       | 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 |

| 10    | MONDAY     |                                   | 11    | TUESDAY    |  | 12    | WEDNESDAY  |                          | 13    | THURSDAY   |                        | 14    | FRIDAY [3] |                  |
|-------|------------|-----------------------------------|-------|------------|--|-------|------------|--------------------------|-------|------------|------------------------|-------|------------|------------------|
|       | Meat / Alt | <b>ra Pasta</b><br>Veggie Sausage |       | Meat / Alt | <b>gie Taco</b><br>Veggie Sausage Crumbles |       | Meat / Alt | <b>e Hummus Wraps</b>    |       | Meat / Alt | <b>Veggie Meatball</b> |       | Meat / Alt | Cheese           |
|       | Grain      | WG Pasta                          |       | Grain      | WG Tortilla Wrap                           |       | Grain      | WG Tortilla Wrap         |       | Grain      | WG Dinner Roll         |       | Grain      | Pizza Crust      |
|       | Veg        | String Beans                      |       | Veg        | Lettuce / Tomato Salsa                     |       | Veg        | Tossed Salad w/ Dressing |       | Veg        | Mashed Potato          |       | 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 |

| 17 | MONDAY            |  | 18    | TUESDAY    |   | 19    | WEDNESDAY  |                                       | 20    | THURSDAY   |                              | 21    | FRIDAY [5] |                  |
|----|-------------------|--|-------|------------|---|-------|------------|---------------------------------------|-------|------------|------------------------------|-------|------------|------------------|
|    | <b>PIC CLOSED</b> |  |       | Meat / Alt | <b>eggie Casserole</b><br>Tofu, Protien |       | Meat / Alt | <b>illed Cheese</b><br>Cheddar Cheese |       | Meat / Alt | <b>Veggie Chic'n Nuggets</b> |       | Meat / Alt | Cheese           |
|    |                   |  |       | Grain      | WG Pasta                                |       | Grain      | WG Bread                              |       | Grain      | WG Dinner Roll               |       | Grain      | Pizza Crust      |
|    |                   |  |       | Veg        | Cauliflower Medley                      |       | Veg        | Sweet Corn                            |       | Veg        | Sweet Potatoes               |       | Veg        | Tomato Sauce [6] |
|    |                   |  |       | 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 |

| 24    | MONDAY     |                                   | 25    | TUESDAY    |                                       | 26    | WEDNESDAY  |                          | 27    | THURSDAY   |                      | 28    | FRIDAY [7] |                  |
|-------|------------|-----------------------------------|-------|------------|---------------------------------------|-------|------------|--------------------------|-------|------------|----------------------|-------|------------|------------------|
|       | Meat / Alt | <b>ra Pasta</b><br>Veggie Sausage |       | Meat / Alt | <b>Ricotta / Basil / Tomato Pasta</b> |       | Meat / Alt | <b>e Hummus Wraps</b>    |       | Meat / Alt | <b>Veggie Chili</b>  |       | Meat / Alt | Cheese           |
|       | Grain      | WG Pasta                          |       | Grain      | WG Pasta                              |       | Grain      | WG Tortilla Wrap         |       | Grain      | WG Bun               |       | Grain      | Pizza Crust      |
|       | Veg        | String Beans                      |       | Veg        | Cauliflower Medley                    |       | Veg        | Tossed Salad w/ Dressing |       | Veg        | Glazed Carrots       |       | Veg        | Tomato Sauce [8] |
|       | 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 |

[1] WEEK 2

[2] WEEK 2

[3] WEEK 3

[4] WEEK 2

[5] WEEK 4

[6] WEEK 2

[7] WEEK 1

[8] WEEK 2