

# VEGETARIAN MENU

## 4 - WEEK ROTATING MENU

MONTH: MARCH  
 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> Veggie Meatballs		Meat / Alt	<b>Veggie Casserole</b> Tofu, Protien		Meat / Alt	<b>Veggie Burger</b>		Meat / Alt	<b>Our Chick'n</b> 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	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk

10	MONDAY		11	TUESDAY		12	WEDNESDAY		13	THURSDAY		14	FRIDAY [3]	
	Meat / Alt	<b>Vegetarian Pasta</b> Veggie Sausage		Meat / Alt	<b>Veggie Taco</b> Veggie Sausage Crumbles		Meat / Alt	<b>Vegetarian Hummus Wraps</b>		Meat / Alt	<b>Veggie Sloppy Joe</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	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk

17	MONDAY		18	TUESDAY		19	WEDNESDAY		20	THURSDAY		21	FRIDAY [5]	
	Meat / Alt	<b>Vegetarian Helper</b> Veggie Sausage		Meat / Alt	<b>Veggie Casserole</b> Tofu, Protien		Meat / Alt	<b>Sunbutter / Jelly &amp; Banana Wrap</b> Sunbutter		Meat / Alt	<b>Vegetarian Chick'n Taco</b> Chicken Breast		Meat / Alt	Cheese
	Grain	(W) WG Noodle		Grain	WG Pasta		Grain	WG Tortilla Wrap		Grain	WG Tortilla		Grain	Pizza Crust
	Veg	String Beans		Veg	Cauliflower Medley		Veg	Tossed Salad		Veg	Coleslaw		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	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk

24	MONDAY		25	TUESDAY		26	WEDNESDAY		27	THURSDAY		28	FRIDAY [7]	
	Meat / Alt	<b>Vegetarian Pasta</b> Veggie Sausage		Meat / Alt	<b>Ricotta / Basil / Tomato Pasta</b>		Meat / Alt	<b>Vegetarian 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	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk	L / D	Milk	Whole Milk

31	MONDAY	
	Meat / Alt	<b>Meatball</b> Veggie Meatballs
	Grain	WG Pasta
	Veg	String Beans
	Fruit	Fresh Fruit, Cateloupe



[1] WEEK 2

[2] WEEK 2

[3] WEEK 3

[4] WEEK 2

[5] WEEK 4

[6] WEEK 2

[7] WEEK 1

[8] WEEK 2