

# VEGETARIAN MENU

## 4 - WEEK ROTATING MENU

MONTH: **AUGUST**  
YEAR : **2025**


CENTER: **PARENT INFANT CENTER**





ACAW Enterprise  
Service & Manufacturing

Childcare Food

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

		MONDAY			TUESDAY			WEDNESDAY			THURSDAY	4		FRIDAY
				Meat / Alt				Meat / Alt			Meat / Alt			
				Grain				Grain			Grain			
				Veg				Veg			Veg			
				Fruit				Fruit			Fruit			
				L / D Milk				L / D Milk			L / D Milk			

4		MONDAY	5		TUESDAY	6		WEDNESDAY	7		THURSDAY	8		FRIDAY
		<b>Oppy Joe</b> Plant Based Sausage Crumbles			<b>Beef Taco</b> Plant Based Sausage			<b>Honey Mustard Chick'n Wrap</b> Plant Based Chicken Nuggets			<b>Chick'n &amp; Gravy</b> Plant Based Chicken			
	Meat / Alt	WG Dinner Roll		Meat / Alt	WG Tortilla Wrap		Meat / Alt	WG Tortilla Wrap		Meat / Alt	Brown Rice			
	Grain	Green Beans		Grain	Tomato Salsa / Lettuce		Grain	Tossed Salad w/ Dressing		Grain	Cauliflower Medley			
	Veg	Fresh Fruit, Canteloupe		Veg	Fresh Fruit, Watermelon		Veg	Fresh Fruit, Oranges		Veg	Fresh Fruit, Banana			
	Fruit	Whole milk (1 yr), 1% low-fat (2 yrs+)		Fruit			Fruit			Fruit				
	L / D Milk			L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)			

11		MONDAY	12		TUESDAY	13		WEDNESDAY	14		THURSDAY	15		FRIDAY
		<b>Spaghetti</b> Plant Based Sausage			<b>Veggie Taco</b> WG Tortilla Wrap			<b>Veggie &amp; Hummus Wraps</b> WG Tortilla Wrap			<b>Tomato Basil Pasta w/</b> Plant Based Chicken Breast			
	Meat / Alt	WG Pasta		Meat / Alt	Tomato Salsa / Lettuce		Meat / Alt	Tossed Salad w/ Dressing		Meat / Alt	WG Pasta			
	Grain	Green Beans		Grain	Fresh Fruit, Watermelon		Grain	Fresh Fruit, Oranges		Grain	Cauliflower Medley			
	Veg	Fresh Fruit, Canteloupe		Veg			Veg			Veg	Fresh Fruit, Banana			
	Fruit	Whole milk (1 yr), 1% low-fat (2 yrs+)		Fruit			Fruit			Fruit				
	L / D Milk			L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)			

18		MONDAY	19		TUESDAY	20		WEDNESDAY	21		THURSDAY	22		FRIDAY
		<b>Meatball</b> Veggie Meatballs			<b>Mac &amp; Cheese</b> WG Pasta									
	Meat / Alt	WG Pasta		Meat / Alt	Glazed Carrots									
	Grain	Green Beans		Grain	Fresh Fruit, Watermelon									
	Veg	Fresh Fruit, Canteloupe		Veg										
	Fruit	Whole milk (1 yr), 1% low-fat (2 yrs+)		Fruit										
	L / D Milk			L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)									
								<b>STAFF IN-SERVICE (PIC CLOSED)</b>			<b>STAFF IN-SERVICE (PIC CLOSED)</b>			<b>STAFF IN-SERVICE (PIC CLOSED)</b>

25		MONDAY	26		TUESDAY	27		WEDNESDAY	28		THURSDAY	29		FRIDAY
		<b>Spaghetti</b> Plant Based Sausage			<b>Chicken Taco</b> Plant Based Chicken			<b>Veggie &amp; Hummus Wraps</b> WG Tortilla Wrap			<b>Veggie Casserole</b> Plant Based Chicken			
	Meat / Alt	WG Pasta		Meat / Alt	WG Tortilla		Meat / Alt	WG Tortilla Wrap		Meat / Alt	WG Pasta			
	Grain	Green Beans		Grain	Coleslaw		Grain	Tossed Salad w/ Dressing		Grain	Cauliflower Medley			
	Veg	Fresh Fruit, Canteloupe		Veg	Fresh Fruit, Watermelon		Veg	Fresh Fruit, Oranges		Veg	Fresh Fruit, Banana			
	Fruit	Whole milk (1 yr), 1% low-fat (2 yrs+)		Fruit			Fruit			Fruit				
	L / D Milk			L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)		L / D Milk	Whole milk (1 yr), 1% low-fat (2 yrs+)			