

VEGETARIAN MENU

CENTER NAME : The Parent Infant Center



February / 2026

		2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
Lunch	Meat / Alt		Meatball Sub ( Veggie Meatballs & DF Mozzarella )		Beef Taco ( Plant Based Beef )		Veggie & Hummus on WG Wrap		Sweet & Sour Chick'n		
	Grain		WG Dinner Roll		WG Tortilla		WG Tortilla		Brown Rice		
	Veg		Vegetable Medley		Sweet Corn		Tossed Salad		Green Beans		
	Fruit		Fresh Fruit , Apples		Fresh Fruit, Canteoupe Melon		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
Lunch	Meat / Alt		Spaghetti w/ Plant Based Sausage		BBQ Chick'n Taco		Veggie & Hummus on WG Wrap		Teryaki Beef Bowl w/ Plant Based Beef		
	Grain		WG Pasta		WG Tortilla		WG Tortilla		Brown Rice		
	Veg		Vegetable Medley		Sweet Corn		Tossed Salad		Green Beans		
	Fruit		Fresh Fruit , Apples		Fresh Fruit, Canteoupe Melon		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
Lunch	Meat / Alt		PIC CLOSED		Beef Taco ( Plant Based Beef )		Honey Mustard Chick'n Wrap		Veggie Meatball w/ Gravy		
	Grain				WG Tortilla		WG Tortilla		WG Egg Noodles		
	Veg				Sweet Corn		Tossed Salad		Green Beans		
	Fruit				Fresh Fruit, Canteoupe Melon		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon		
	Milk				Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
Lunch	Meat / Alt		Dairy Free / Veggie Casserole		BBQ Chick'n Taco		Veggie Burger		Chick'n & Gravy		
	Grain		WG Pasta		WG Tortilla		WH Hamburger Bun		Brown Rice		
	Veg		Vegetable Medley		Sweet Corn		Tater Tots		Green Beans		
	Fruit		Fresh Fruit , Apples		Fresh Fruit, Canteoupe Melon		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		