

VEGETARIAN MENU

4 - WEEK ROTATING MENU

MONTH: JULY
YEAR: 2025

CENTER: PARENT INFANT CENTER

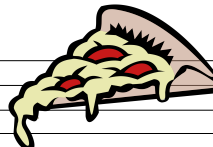


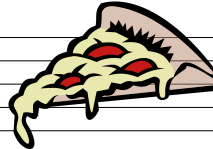
ACAW Enterprise
Service & Manufacturing

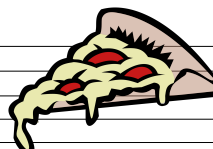
Childcare Food

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

MONDAY		1	TUESDAY		2	WEDNESDAY		3	THURSDAY		4	FRIDAY	
	Meat / Alt		Meat / Alt	BBQ Chicken Taco <i>Plant Based Chicken</i>		Meat / Alt	Veggie & Hummus Wraps		Meat / Alt	Veggie Casserole <i>Plant Based Chicken</i>			PIC CLOSED
	Grain		Grain	WG Tortilla		Grain	WG Tortilla Wrap		Grain	WG Pasta			
	Veg		Veg	Coleslaw		Veg	Tossed Salad w/ Dressing		Veg	Glazed Carrots			
	Fruit		Fruit	Fresh Fruit, Watermelon		Fruit	Fresh Fruit, Oranges		Fruit	Fresh Fruit, Banana			
	L / D	Milk	L / D	1% or Whole Milk		L / D	1% or Whole Milk		L / D	1% or Whole Milk			

MONDAY		7	TUESDAY		8	WEDNESDAY		9	THURSDAY		10	FRIDAY	
	Meat / Alt	Sloppy Joe <i>Plant Based Sausage Crumbles</i>	Meat / Alt	Beef Taco <i>Plant Based Sausage</i>		Meat / Alt	Beef Mustard Chick'n Wrap <i>Plant Based Chicken Nuggets</i>		Meat / Alt	Chick'n & Gravy <i>Plant Based Chicken</i>			
	Grain	WG Dinner Roll	Grain	WG Tortilla Wrap		Grain	WG Tortilla Wrap		Grain	Brown Rice			
	Veg	Green Beans	Veg	Tomato Salsa / Lettuce		Veg	Tossed Salad w/ Dressing		Veg	Cauliflower Medley			
	Fruit	Fresh Fruit, Canteloupe	Fruit	Fresh Fruit, Watermelon		Fruit	Fresh Fruit, Oranges		Fruit	Fresh Fruit, Banana			
	L / D	Milk	L / D	1% or Whole Milk		L / D	1% or Whole Milk		L / D	1% or Whole Milk			

MONDAY		14	TUESDAY		15	WEDNESDAY		16	THURSDAY		17	FRIDAY	
	Meat / Alt	Spaghetti <i>Plant Based Sausage</i>	Meat / Alt	Veggie Taco		Meat / Alt	Veggie & Hummus Wraps		Meat / Alt	Tomato Basil Pasta w/ <i>Plant Based Chicken Breast</i>			
	Grain	WG Pasta	Grain	WG Tortilla Wrap		Grain	WG Tortilla Wrap		Grain	WG Pasta			
	Veg	Green Beans	Veg	Tomato Salsa / Lettuce		Veg	Tossed Salad w/ Dressing		Veg	Cauliflower Medley			
	Fruit	Fresh Fruit, Canteloupe	Fruit	Fresh Fruit, Watermelon		Fruit	Fresh Fruit, Oranges		Fruit	Fresh Fruit, Banana			
	L / D	Milk	L / D	1% or Whole Milk		L / D	1% or Whole Milk		L / D	1% or Whole Milk			

MONDAY		21	TUESDAY		22	WEDNESDAY		23	THURSDAY		24	FRIDAY	
	Meat / Alt	BBQ Meatball <i>Veggie Meatballs</i>	Meat / Alt	Beef Taco <i>Plant Based Sausage</i>		Meat / Alt	Veggie Burger		Meat / Alt	Sweet & Sour Chick'n <i>Veg Chick'n Breast</i>			
	Grain	WG Pasta	Grain	WG Tortilla Wrap		Grain	WG Bread		Grain	Brown Rice			
	Veg	Green Beans	Veg	Tomato Salsa / Lettuce		Veg	Sweet Corn		Veg	Glazed Carrots			
	Fruit	Fresh Fruit, Canteloupe	Fruit	Fresh Fruit, Watermelon		Fruit	Fresh Fruit, Oranges		Fruit	Fresh Fruit, Banana			
	L / D	Milk	L / D	1% or Whole Milk		L / D	1% or Whole Milk		L / D	1% or Whole Milk			

MONDAY		28	TUESDAY		29	WEDNESDAY		30	THURSDAY		31	FRIDAY	
	Meat / Alt	Spaghetti <i>Plant Based Sausage</i>	Meat / Alt	BBQ Chicken Taco <i>Plant Based Chicken</i>		Meat / Alt	Veggie & Hummus Wraps		Meat / Alt	Veggie Casserole <i>Plant Based Chicken</i>			
	Grain	WG Pasta	Grain	WG Tortilla		Grain	WG Tortilla Wrap		Grain	WG Pasta			
	Veg	Green Beans	Veg	Coleslaw		Veg	Tossed Salad w/ Dressing		Veg	Glazed Carrots			
	Fruit	Fresh Fruit, Canteloupe	Fruit	Fresh Fruit, Watermelon		Fruit	Fresh Fruit, Oranges		Fruit	Fresh Fruit, Banana			
	L / D	Milk	L / D	1% or Whole Milk		L / D	1% or Whole Milk		L / D	1% or Whole Milk			