



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool Vegetarian Lunch Menu for February, 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1		2		3			
		½ cup Red Beans & Rice ⅓ cup White Rice ¼ cup 3 Vegetable Blend ½ Fresh Banana ½ pc. Whole Grain Wheat Bread	1 Quesadilla w/ 1 oz. Cheese ½ cup Tossed Salad 2 tsp. Creamy Italian Dressing ¼ cup Cinnamon Applesauce ½ pc. Wheat Bread ¾ cup Milk		¾ cup Macaroni and Cheese ¼ cup Capri Vegetable Blend ¼ cup Mandarin Oranges 1 Mini Wheat Hamburger Bun ¾ cup Milk				
6		7		8		9		10	
½ cup Red Beans & Rice ¼ cup Cheesy Mashed Potatoes ¼ cup Peas ¼ cup Tropical Fruit 1 Mini Wheat Hamburger Bun ¾ cup Milk		¼ cup Lentils ¼ cup Diced Parsley Potatoes ½ cup Tossed Salad 2 tsp. French Dressing ¼ cup Cranberry Applesauce 1 Wheat Dinner Roll ¾ cup Milk		¼ cup Refried Beans 2 tsp. Cheddar Cheese ¼ cup Shredded Lettuce ¼ cup Oregon Vegetable Blend ½ Fresh Orange 1 Soft Flour Tortilla ¾ cup Milk		1 pc. Egg Patty w/ 1 oz. Cheese ¼ cup Mashed Sweet Potatoes ¼ cup Italian Vegetable Blend ½ Fresh Banana ½ pc. Wheat Bread ¾ cup Milk		¼ cup Vegetarian Chili Beans ⅓ cup White Rice ¼ cup 4 Vegetable Blend ¼ cup Cranberry Applesauce ½ cup Corn Chips ¾ cup Milk	
13		14		15		16		17	
1 Quesadilla w/ 1 oz. Cheese ⅓ cup White Rice ¼ cup Capri Vegetable Blend ¼ cup Pineapple Chunks ½ pc. Italian Bread		¼ cup Beans ¼ cup Rice Burrito ¼ cup Mashed Potatoes ¼ cup Corn ¼ cup Tropical Fruit 1 Soft Flour Tortilla ¾ cup Milk		¼ cup Black Beans ½ cup Penne Pasta ¼ cup Winter Vegetable Blend ½ Fresh Banana ½ pc. Wheat Bread ¾ cup Milk		¼ cup Refried Beans 2 tsp. Cheddar Cheese ¼ cup Shredded Lettuce ¼ cup 3 Vegetable Blend ½ Fresh Orange 1 Soft Flour Tortilla ¾ cup Milk		¼ cup Lentils 4 pc. Cucumber Slices 2 tsp. Ranch Dip ¼ cup Tropical Fruit ¾ cup Milk	
20		21		22		23		24	
½ cup Red Beans & Rice ¼ cup Mashed Potatoes ¼ cup Green Beans ¼ cup Applesauce ½ pc. Wheat Bread ¾ cup Milk		¼ cup Vegetarian Chili Beans ½ cup Tossed Salad 2 tsp. 1000 Island Dressing ¼ cup Sliced Pears ½ pc. Rye Bread ¾ cup Milk		¾ cup Macaroni and Cheese ¼ cup Peas and Carrots ¼ cup Tropical Fruit 1 Mini Wheat Hamburger Bun ¾ cup Milk		1 Quesadilla w/ 1 oz. Cheese ⅓ cup White Rice ¼ cup Capri Vegetable Blend ½ Fresh Apple ½ cup Corn Chips ¾ cup Milk		¼ cup Black Beans 4 pc. Zucchini Slices 2 tsp. Ranch Dip ¼ cup Sliced Peaches ¾ cup Milk	
27		28		29					
1 pc. Egg Patty w/ 1 oz. Cheese ½ cup Penne Pasta ¼ cup Winter Vegetable Blend ¼ cup Sliced Pears ½ pc. Wheat Bread ¾ cup Milk		¼ cup Lentils ¼ cup Mashed Potatoes ¼ cup Green Beans ½ Fresh Apple ¾ cup Milk		¼ cup Red Beans & Rice ⅓ cup White Rice ¼ cup 3 Vegetable Blend ½ Fresh Banana ½ pc. Whole Grain Wheat Bread					