



Child Care Vegetarian Lunch Menu

September 2013

*All menu items are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Closed Labor Day!	3 Cheese on a Wheat Bun Shredded Cheddar Baby Carrots with Ranch Dip Pineapple Tidbits Milk	4 Veg Patty Tomato Beef Gravy Mashed Potatoes Banana Wheat Dinner Roll Milk	5 Spanish Rice with Beans Fresh Broccoli with Ranch Dip Mandarin Oranges Slice of French Bread Milk	6 Cheese Sandwich Ketchup Seasoned Green Peas Apple Milk
9 Baked Veg Patty on a Wheat Bun BBQ Sauce Baby Carrots with Ranch Dip Orange Milk	10 Seasoned Beans and Rice Mashed Potatoes Pineapple Tidbits Slice of Wheat Bread Milk	11 Marinara Sauce with Fettuccini Mixed Green Salad with French Dressing Banana Slice of French Bread Milk	12 Soft Bean Taco with Cheese and Lettuce Taco Sauce Seasoned Corn Diced Pears Milk	13 Cheese Sandwich On Whole Grain Bread Fresh Broccoli with Ranch Dip Red Apple Milk
16 Sloppy Beans on a Wheat Bun Seasoned Corn Orange Milk	17 Pasta Marinara Mixed Green Salad with Ranch Dressing Pineapple Tidbits Slice of French Bread Milk	18 Seasoned Beans and Rice Mashed Potatoes Red Apple Slice of Wheat Bread Milk	19 Wild Rice Hotdish Fresh Broccoli with Ranch Dip Mandarin Oranges Wheat Dinner Roll Milk	20 Italian Beans on a Coney Bun Shredded Cheddar Seasoned Green Beans Banana Milk
23 Seasoned Beans and Rice BBQ Sauce Baby Carrots with Ranch Dip Red Apple Milk	24 Veg Patty Mashed Potatoes Pineapple Tidbits Wheat Dinner Roll Milk	25 Teriyaki Rice with Vegetables Mixed Green Salad with Ranch Dressing Orange Slice of Wheat Bread Milk	26 Cheese on a Wheat Bun Ketchup Seasoned Corn Diced Pears Milk	27 Chili with Beans Shredded Cheese Fresh Broccoli with Ranch Dip Banana Slice of French Bread Milk
30 Sloppy Beans on a Wheat Bun with Lettuce and Cheese Seasoned Green Beans Orange Milk				

Menu Options

Bag Lunch Option

Includes your choice of:

- Turkey & Cheese Sandwich
 - Turkey Cold cut & Cheese Sandwich
 - Cheese Sandwich
 - PBJ "Uncrustable"
- Served with Fresh Fruit, Baby Carrotinies & Bag of Chips

- Vegetarian Menu available upon request

- Hot Vegetable and Canned Fruit available for Infants

- All of our menu items are baked or steamed, and contain zero trans fats.

"Premier Kitchen will make any changes to the Menu to fit the needs of your Children, Parents, and school."