

VEGETARIAN DIET

AUGUST 2026



WEEK 1	AUGUST 17	AUGUST 18	AUGUST 19	AUGUST 20	AUGUST 21
BREAKFAST	Toast w/ Jelly, Applesauce Cup, 1% Milk, Assorted Jelly	Breakfast Pizza, CHEF Warm Apple Crisp, 1% Milk	Biscuit w/ Plant-Based Sausage, Fresh Orange Wedges, 1% Milk	CHEF Spiced Pear Oatmeal, Tropical Fruit Medley, 1% Milk	WG Blueberry Chex, Fresh Banana, 1% Milk
LUNCH	Fettuccine Alfredo w/ White Beans, Italian Seasoned Broccoli, Diced Peaches, 1% Milk	Zesty Orange Tofu, Asian Brown Rice, Pineapple Tidbits, 1% Milk	Warm Cheese Enchiladas, Seasoned Spanish Rice, CHEF Seasoned Black-Beans, Fruit Cocktail, 1% Milk	BBQ Jackfruit & White Beans w/ Mac, Steamed Broccoli Florets, Fresh Crisp Apple, 1% Milk	Grilled Cheese Panini w/ CHEF Farm Fresh Tomato Soup, Tropical Fruit Cup, 1% Milk
SNACK	Cheese Stick, WG Crackers	Vanilla Yogurt, Tiger Bites	Strawberry Applesauce Cup, CHEF Trail Mix	CHEF Tzatziki Dip, Fresh Baby Carrots	WG Cheez Its, 100% Apple Juice
EXTENDED DAY SNACK	Yogurt, Diced Pears	CHEF Cheese Dip Soft WG Tortilla, quartered	Diced Peaches, WG Soft Pretzel Sticks	CHEF Ranchy Dip, Steamed Broccoli Florets	WG Goldfish, Fruit Cocktail

Menu ingredients subject to change based on availability and/or *holiday.

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WEEK 2	AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28
BREAKFAST	Waffles, Applesauce Cup, 1% Milk, Syrup	Savory Cheese Omelet w/ Toast, CHEF Warm Pear Crisp, 1% Milk	Biscuit w/ Plant-Based Tender, Fresh Orange Wedges, 1% Milk	Pancakes w/ Plant-Based Sausage, Tropical Fruit Medley, 1% Milk	WG Cheerios, Fresh Banana, 1% Milk
LUNCH	Cheesy Baked Ziti, Peas & Carrots, Diced Peaches, 1% Milk	Tofu Bulgogi Stir-fry, Asian Brown Rice, Fresh Banana, 1% Milk	Bean & Cheese Tamales, CHEF Charro-Style Pinto Beans, CHEF Fiesta Corn, Fruit Cocktail, 1% Milk	CHEF Black Bean Burger w/ Cheese, Seasoned Sweet Potato Fries, Burger Trimmings, Fresh Crisp Apple, 1% Milk	CHEF Farm Fresh Shirazi Salad w/ Feta & Chickpeas, Pita Bites, Tropical Fruit Cup, 1% Milk
SNACK	CHEF Cheese & Veggie Roll-Up, Fresh Celery Sticks	Fresh Crisp Apple, Chocolate Graham Bear	Fresh Banana, Yogurt	CHEF Chocolate Hummus, Caramel Rice Cakes	CHEF "Ants on a Log" W/ Sunbutter, Fresh Celery Sticks, and Raisins
EXTENDED DAY SNACK	CHEF Veggie Roll-Up, cut in pieces, Cucumber Spears	CHEF Herbed Dip, Soft-Cooked Carrot Coins	CHEF Tzatziki Dip, Soft Rounded WG Crackers	Bean Dip Cup Soft WG Tortilla, quartered	Vanilla Yogurt, Mandarin Orange Cup

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WEEK 3	AUGUST 31				
BREAKFAST	Blueberry Muffin, Applesauce Cup, 1% Milk				
LUNCH	Lasagna Roll-Ups, Tuscan-Style Veggie Medley, Diced Peaches, 1% Milk				
SNACK	Yogurt, WG Granola				
EXTENDED DAY SNACK	Shredded Cheddar Cheese, WG Soft Pretzel Sticks				

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