

Vegetarian Customers:

A vegetarian diet plan can lead to decreased **protein** intake.

Are you a strict vegetarian? no foods from animal origin
(this diet plan may be deficient in vitamin B12, calcium, iron and calories)

Are you a lacto vegetarian? lacto vegetarians drink milk and eat milk products
(this diet plan may be deficient in iron)

Are you an ovo-lacto vegetarian? ovo-lacto vegetarians drink milk, eat milk products and eggs
(this diet plan, when carefully followed, has no nutritional deficiencies)

Protein is comprised of amino acids, eight of which must be supplied to the human body through food for body processes to continue.

A **Protein** that is “complete” has all 8 essential amino acids in the correct proportion that the human body uses:

lysine
threonine,
tryptophan
leucine
isoleucine
valine
methionine and
phenylalanine.

All **animal protein**, except gelatin, is “complete” or high quality protein.

A **Protein** that is “incomplete” has one or more amino acids *missing* or in *short supply*.

All plant protein, with the exception of Soy and Quinoa, are “incomplete” or lower quality protein.

Lower quality protein can be enhanced in two ways:

by combining two **lower quality proteins** that complement each other in amino acid components or

by mixing **higher quality protein** with **lower quality protein**.

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Proteins that may be mixed to obtain **higher quality protein** are called “complementary”.

Protein Complementations:

Seeds and Grains, such as sesame seed muffins

Legumes and Seeds, such as pea soup and sesame crackers

Legumes and Grains, such as peanut butter on bread

Animal Protein and Vegetable Protein, such as macaroni and cheese or cereal and milk

The Champ’s Café staff is happy to prepare vegetarian entrees for their customers such as:

Cheese Pizza	Grilled Cheese Sandwich	Nachos with Cheese
Pasta with Marina Sauce	Yogurt & Cheese	Veggie “Chicken” Nuggets
Garden Deluxe Salad	Gardenburger on Bun	Veggie “Chicken” Patty
Veggie Sub Sandwich	Veggie Wrap	Veggie “Beef” Crumbles
Macaroni & Cheese	Veggie CornDog	Max Stix (Cheesey Breadsticks)

Customers are not required to select an entrée. Customers can select fruit and two servings of vegetables along with a grain and milk for their meal.

The customer who desires vegetarian entrees is asked to meet with the Champ’s Café Manager so plans can be made to honor the customer’s preferences to help the Champ’s Café staff manage ordering and production for these special requests.

Please refer to our published menu to see what is featured that day to help you with meal planning!

MENUS can be found at: yourcharlotteschools.net/Domain/3895

