

# Vegetarian Customers:

A vegetarian diet plan is a way for people to limit or alter their **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.

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

All **animal protein**, except gelatin, is “complete” or high quality protein.  
**Vegetable protein** is “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
	Veggie CornDog	Max Stix (Cheesey Breadsticks)

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.

Click on the link below to see a list of Champ’s Café Managers and their phone numbers.

<http://www.yourcharlotteschools.net/Departments/Champ/contact%20info.pdf>