

A selection of fruit & milk available with meals. Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates.

# APRIL 2023

## Primary Vegetarian Lunch

Breakfast: FREE  
 Lunch: Free & Reduced: Free  
 Paid: \$2.95  
 Menu Subject To Change

### Monday

**Lunch:** 3

Veggie Garden Burger Or  
 Fish fillet Sandwich  
 Steam Green Beans  
 Coleslaw & Tartar Sauce

**Lunch:** 10

Rotini Pasta,  
 Cheesy breadstick,  
 Broccoli Parmesan  
 & Cherry Tomatoes

**Lunch:** 17

Veggie Tenders w/Fried Rice,  
 Mixed Vegetable,  
 Carrot Sticks  
 & Bread Stick

**Lunch:** 24

Veggie Garden Burger Or  
 Fish fillet Sandwich  
 Steam Green Beans  
 Coleslaw & Tartar Sauce

### Tuesday

**Lunch:** 4

Veggie fajita Bowl  
 W/Cilantro Rice,  
 Pinto Beans, Salsa &  
 Celery & Carrots

**Lunch:** 11

Loaded Cheese Fries,  
 Pico De Gallo  
 & Pinto Beans

**Lunch:** 18

Bean Chili  
 W/Cornbread Poppers,  
 Garden Salad &

**Lunch:** 25

Walking Nachos  
 Lettuce/Tomato Cups  
 Pinto Beans

### Wednesday

**Lunch:** 5

Bean & Cheese Burrito  
 Curly Fries  
 Sliced Cucumber

**Lunch:** 12

Veggie Flatbread Stackable  
 Chips &  
 Carrot stick

**Lunch:** 19

Veggie Chipotle Burger,  
 Lettuce/Tomato Cups  
 & Season Sidewinders Fries

**Lunch:** 26

Bean & Cheese Burrito  
 Curly Fries  
 Sliced Cucumber

### Thursday

**Lunch:** 6

Loaded Baked Potato or  
 Loaded Sweet Potato,  
 W/Queso Blanco  
 Wheat Roll & Salad w/ Ranch

**Lunch:** 13

Veggie Tender Bowl,  
 Rustic Mashed potatoes  
 Corn & Wheat Roll

**Lunch:** 20

Veggie Tenders, Texas Toast,  
 Carrots & Celery w/ Ranch  
 & Baked Beans

**Lunch:** 27

Loaded Baked Potato or  
 Loaded Sweet Potato,  
 W/Queso Blanco  
 Wheat Roll & Salad w/ Ranch

### Friday

**Lunch:** 14



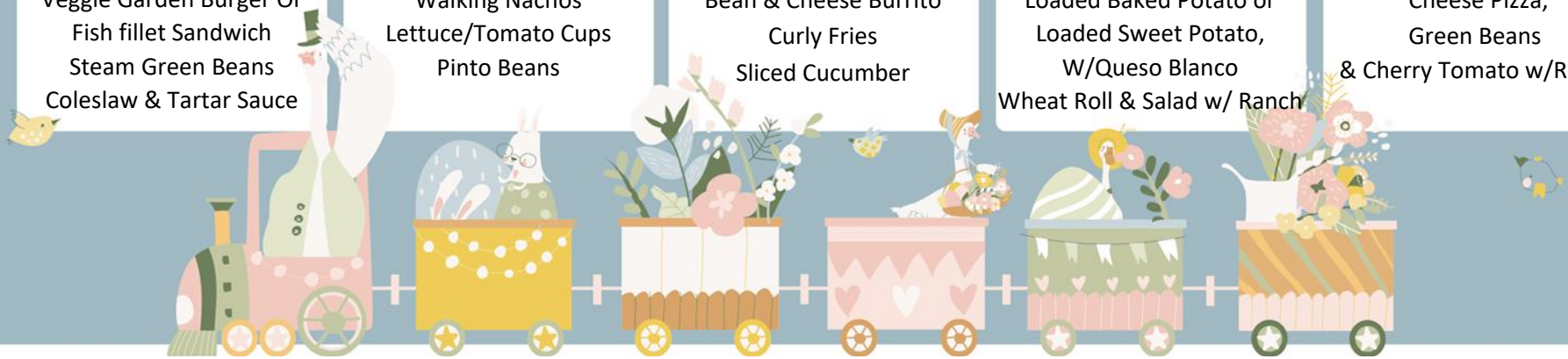
Cheese Pizza,  
 Green Beans  
 & Cherry Tomato w/Ranch

**Lunch:** 21

Cheese Pizza,  
 Cherry Tomato W/Ranch  
 & Steam Carrots

**Lunch:** 28

Cheese Pizza,  
 Green Beans  
 & Cherry Tomato w/Ranch



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