

A selection of fruit & milk available with meals. Check school website uplifteducation.org for additional information and updates.

APRIL 2023

Secondary 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 or
 Fajita Veggie Tacos
 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

Regular Or Spicy,
 Veggie Tender Bowl,
 Rustic Mashed potatoes
 Corn & Wheat Roll

Lunch: 20

Regular Or Spicy
 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 Or Vegetable Pizza,
 Green Beans
 & Cherry Tomato w/Ranch

Lunch: 21

Cheese Or Vegetable Pizza,
 Cherry Tomato W/Ranch
 & Steam Carrots

Lunch: 28

Cheese Or Vegetable Pizza,
 Green Beans
 & Cherry Tomato w/Ranch



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