

A selection of fruit & milk available with meals.  
 Check school website [uplifteducation.org](http://uplifteducation.org) for  
 additional information and updates. All our  
 products are whole grain, nut-free & pork free.

# DECEMBER 2022

## Secondary Vegetarian

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



**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Lunch:**

**5**

Egg Roll,  
 Steam Carrots  
 & Cole Slaw

**Lunch:**

**6**

Veggie Nuggets Or Veggie  
 Buffalo Wings, Wheat Roll,  
 Carrot & Celery W/Ranch  
 & Flame Roasted Corn

**Lunch:**

**7**

Veggie Chipotle Burger,  
 Lettuce/Tomato,  
 Crinkle Fries  
 & Green Beans

**Lunch:**

**8**

Veggie Street Taco,  
 Taco Cup,  
 & Pinto Beans

**Lunch:**

**9**

Supreme Pizza or  
 Cheese Pizza,  
 Steamed Broccoli  
 & Cucumber w/Ranch

**Lunch:**

**12**

Rotini Spaghetti,  
 Wheat Roll,  
 Garden Salad &  
 Parmesan Roasted Broccoli

**Lunch:**

**13**

Veggie Nuggets Or Spicy  
 Veggie Wings W/Texas Toast,  
 Green Beans &  
 Roasted Red Potato

**Lunch:**

**14**

Manager's Choice  
 & Baked Beans

**Lunch:**

**15**

Manager's Choice  
 & Steamed Carrots

**Lunch:**

**16**

Manager's Choice  
 & Mixed Veggies



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