

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

NOVEMBER 2022

Primary Vegetarian

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

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

Lunch:

7

Veggie Nuggets,
Sweet Potato Fries
& Pinto Beans

Lunch:

8

Egg Rolls
Potato Wedges
&
Mixed Veggies

Lunch:

9

Bean & Cheese Burrito
Lettuce Cups,
Baked Chips
& Roasted Corn

Lunch:

10

Veggie Bowl
W/Cilantro Rice
Broccoli
& Carrot Stick

Lunch:

11

Cheese Pizza,
Garden Salad
& Green Beans

Lunch:

14

Veggie Garden Burger,
Onion & Pickle Cup
Steam Carrots
& Cole Slaw

Lunch:

15

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

Lunch:

16

Veggie Chipotle Burger,
Lettuce/Tomato
& Baked Beans

Lunch:

17

Black Bean Patty,
Brown Gravy, Dressing,
Green Beans, Sweet Potatoes
& Wheat Roll

Lunch:

18

Supreme Pizza,
Steamed Broccoli
&
Cucumber w/Ranch

...PUMPKIN...
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...PUMPKIN...
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Lunch:

28

Veggie Nuggets,
Sweet Potato Fries
& Pinto Beans

Lunch:

29

Egg Rolls
Potato Wedges
&
Mixed Veggies

Lunch:

30

Bean & Cheese Burrito
Lettuce Cups,
Baked Chips
& Roasted Corn

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