

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

Secondary

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

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch:

1

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

Lunch:

2

Veggie Chipotle Burger,
Lettuce/Tomato
& Baked Beans

Lunch:

3

Fajita Bowl
W/Cilantro Lime Rice,
Steamed Carrots
& Cucumbers

Lunch:

4

Veggie Pizza
Or Cheese Pizza,
Tomato W/Ranch
& Mix Vegetable

Lunch:

7

Veggie Nuggets Or Spicy
Veggie Nuggets,
Breadstick, Sweet Potato
Fries & Pinto Beans

Lunch:

8

Egg Rolls
Potato Wedges
&
Mixed Veggies

Lunch:

9

Bean & Cheese Burrito,
Veggie Sub Sandwich
Lettuce Cups, Baked Chips &
Roasted Corn

Lunch:

10

Veggie Bowl
W/Cilantro Rice
Broccoli
& Carrot Stick

Lunch:

11

Supreme Pizza
Or Cheese Pizza,
Garden Salad
& Green Beans

Lunch:

14

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

Lunch:

15

Veggie Nuggets Or Veggie
Buffalo Wings, 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 or
Cheese Pizza,
Steamed Broccoli
& Cucumber w/Ranch



Lunch:

28

Veggie Nuggets Or Spicy
Veggie Nuggets,
Breadstick, Sweet Potato
Fries & Pinto Beans

Lunch:

29

Egg Rolls
Potato Wedges
&
Mixed Veggies

Lunch:

30

Bean & Cheese Burrito,
Veggie Sub Sandwich
Lettuce Cups, Baked Chips &
Roasted Corn



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