

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

# NOVEMBER 2021

## Vegetarian Menu

Breakfast: FREE

Lunch: FREE

Menu Subject To Change

### Monday

**Breakfast:** 1  
Frudel  
**Lunch:**  
Bean & Cheese Burrito  
Broccoli

**Breakfast:** 8  
Blueberry Muffin  
**Lunch:**  
Mac & Cheese, Breadstick,  
Steamed Broccoli

**Breakfast:** 15  
Frudel  
**Lunch:**  
Cheese Enchiladas,  
Steamed Broccoli



**Breakfast:** 29  
Banana Loaf  
**Lunch:**  
Mac & Cheese, Breadstick,  
Steamed Broccoli

### Tuesday

**Breakfast:** 2  
Blueberry Muffin  
**Lunch:**  
Fiesta Rice Bowl,  
Pinto Bean, Salsa

**Breakfast:** 9  
Cereal  
**Lunch:**  
Veggie Pasta, Wheat Roll  
BBQ Baked Beans

**Breakfast:** 16  
Donut Holes  
**Lunch:**  
Taco Salad w/corn  
Pinto Beans



**Breakfast:** 30  
Cereal  
**Lunch:**  
Veggie Pasta, Wheat Roll  
BBQ Baked Beans

### Wednesday

**Breakfast:** 3  
Oatmeal Bar  
**Lunch:**  
Cheese Panini  
Potato Wedges

**Breakfast:** 10  
Cheese Croissant  
**Lunch:**  
Grilled Cheese,  
Chips

**Breakfast:** 17  
Banana Loaf  
**Lunch:**  
Veggie Nuggets, Roll,  
Potato Wedges

### Thursday

**Breakfast:** 4  
Cereal  
**Lunch:**  
Veggie Nugget,  
Mashed Potatoes, Corn

**Breakfast:** 11  
Yogurt Cup  
**Lunch:**  
Greek Salad, Roll  
Steamed Carrots

**Breakfast:** 18  
Cereal  
**Lunch:**  
Veggie Patty, Roll, Green  
Beans, Sweet Potato,  
Dressing, Gravy & Cookie



### Friday

**Breakfast:** 5  
Banana Loaf  
**Lunch:**  
Cheese Pizza  
Steamed Carrots

**Breakfast:** 12  
Cheese Kolache  
**Lunch:**  
Tortellini w/Sauce  
Cucumber W/Ranch

**Breakfast:** 19  
Pop Tarts  
**Lunch:**  
Veggie Egg Roll,  
Steamed Carrots

