

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

SEPTEMBER 2022

High School Vegetarian

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

Monday

Tuesday

Wednesday

Thursday

Friday



5

Lunch:

6

Egg Rolls
 Baked Beans &
 Steam Carrots

Lunch:

7

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

Lunch:

8

Veggie Bowl
 W/Cilantro Rice
 Broccoli & Carrot Stick

Lunch:

9

Cheese Pizza
 Or Veggie Pizza,
 Garden Salad
 & Green Beans

Lunch:

12

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

Lunch:

13

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

Lunch:

14

Veggie Hot Dog
 W/Seasoned Crinkle Fries
 & Green Beans

Lunch:

15

Veggie Street Taco
 Lettuce/Tomato
 & Pinto Beans

Lunch:

16

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

Lunch:

19

Rotini Spaghetti
 Wheat Roll,
 Garden Salad &
 Parmesan Roasted Broccoli

Lunch:

20

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

Lunch:

21

Veggie Garden Burger,
 Lettuce/Tomato & Baked
 Beans

Lunch:

22

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

Lunch:

23

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

Lunch:

26

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

Lunch:

27

Egg Rolls
 Mixed Veggies &
 Potato Wedge

Lunch:

28

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

Lunch:

29

Veggie Bowl
 W/Cilantro Rice
 Broccoli & Carrot Stick

Lunch:

30

Supreme Pizza
 Or Cheese Pizza,
 Garden Salad
 & Green Beans

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