

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

# SEPTEMBER 2023

## Vegetarian Primary Lunch

Breakfast: FREE  
Lunch: Reduced: \$0.40  
Paid: \$2.95  
Menu Subject to Change

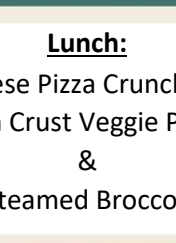
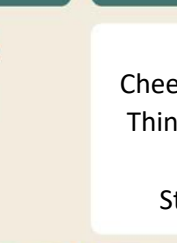
Monday

Tuesday

Wednesday

Thursday

Friday



**Lunch:**

Fiesta Burrito  
&  
Baked Beans

5

**Lunch:**

Veggie Nuggets,  
Honey Wheat Roll &  
Celery & Carrot Sticks  
W/Ranch

6

**Lunch:**

Veggie Tenders,  
Mashed Potatoes,  
Broccoli, Texas Toast  
& Cream Gravy

7

**Lunch:**

Four Cheese Pizza,  
Carrot Sticks  
& Green Beans

8

**Lunch:**

Vegetable Dumplings,  
Teriyaki Sauce  
&  
Mixed Vegetables

11

**Lunch:**

Veggie Street Tacos,  
Taco Cup, Salsa Cup  
& Pinto Beans

12

**Lunch:**

Chipotle Burger,  
Cucumber & Tomato Salad  
& Green Beans

13

**Lunch:**

Veggie Chicken,  
Cheesy Broccoli Casserole,  
Mashed Potatoes,  
Honey Roll & Cream Gravy

14

**Lunch:**

Cheese Pizza  
&  
Steamed Carrots

15

**Lunch:**

Vegan Orange Chicken,  
Fried Rice  
Carrot Sticks  
& Breadstick

18

**Lunch:**

Cheesy Fajita Veggie  
Walking Tacos,  
Taco Cup  
& Black Beans

19

**Lunch:**

Veggie Griller Burger,  
Burger Cup  
& Waffle Fries

20

**Lunch:**

Veggie Nuggets,  
Mashed Potatoes,  
Roasted Parmesan Broccoli,  
Texas Toast & Cream Gravy

21

**Lunch:**

Jalapeno Mozzarella Bites,  
Mariana Sauce  
& Cucumbers

22

**Lunch:**

Loaded Cheese Fries,  
Pico De Gallo  
& Pinto Beans

25

**Lunch:**

Pasta Alfredo,  
Green Beans,  
Cucumber & Tomato Salad  
& Cheesy Garlic Bread

26

**Lunch:**

Vegan Burger Melt,  
Burger Cup, Chips  
& Carrot Sticks

27

**Lunch:**

Veggie Buffalo Chicken Or  
Veggie Nuggets,  
Roasted Corn, Garden Salad  
& Wheat Roll

28

**Lunch:**

Cheesy Pizza Crunchners,  
Thin Crust Veggie Pizza  
& Broccoli

29

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