

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

SEPTEMBER 2023

Vegetarian Secondary Lunch

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

Monday

Tuesday

Wednesday

Thursday

Friday



Lunch:

11

Vegetable Dumplings,
Teriyaki Sauce,
Cherry Tomato &
Mixed Vegetables

Lunch:

12

Veggie Street Tacos,
Taco Cup,
& Pinto Beans

Lunch:

13

Chipotle Burger,
Cucumber & Tomato Salad
& Green Beans

Lunch:

14

Veggie Nuggets,
Chessy Broccoli Casserole,
Mashed Potatoes,
Honey Roll & Cream Gravy

Lunch:

15

Four Cheese Pizza Or
Chessy Pizza Crunchers,
Garden Salad &
Steamed Carrots

Lunch:

18

Vegan Orange Chicken,
Fried Rice,
Carrot Sticks
& Breadstick

Lunch:

19

Fajita Veggie
Walking Tacos,
Taco Cup
& Black Beans

Lunch:

20

Veggie Griller Burger,
Burger Cup
& Waffle Fries

Lunch:

21

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

Lunch:

22

Jalapeno Mozzarella Bites
& Cucumbers

Lunch:

25

Loaded Cheese Fries
& Pinto Beans

Lunch:

26

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

Lunch:

27

Vegan Burger Melt,
Burger Cup, Chips
& Carrot Sticks

Lunch:

28

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

Lunch:

29

Thin Crust Veggie Pizza,
Cheesy Pizza Crunchers,
&
Broccoli

Lunch:

1

Thin Crust Veggie Pizza,
Cheesy Pizza Crunchers,
&
Broccoli

Lunch:

8

Four Cheese Pizza,
Thin Crust Veggie Pizza,
Carrot Sticks
& Green Beans

Lunch:

8

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