








Vegetarian Lunch Menu – September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. WGBean & Cheese burrito 1 ea. Jicama Sticks 1/2 c. Apple (138ct) 1ea 1% White Milk 6oz.
5 	5 Build Your Own Chicken-Wrap WG 6" Flour Tortilla 1ea Pinto Beans 1/4c Chkn Fajita Strips 3oz. Shred. Cheese 1/2oz Shredded Lettuce 1/2c Orange 1ea 1% White Milk 6oz.	6 Whole Grain Beef Stroganoff 3/4c. Vegetarian Chili Beans 3/4 c. w/ Whl. Wht. Bread 1 sl. Toss Sld w/carrot 1/2cup Apricots 1/2c. 1% White Milk 6oz.	7 WGBean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Mixed Fruit 1/2c. 1% White Milk 6oz.	8 BBQ Pork Rib B-Q Sand- Garden Burger 1 ea On Whole Wheat Bun 1 ea. Coleslaw 1/4c. Pineapple Tidbits 1/2c. 1% White Milk 6oz
11 Chinese Chicken Stir Fry 3/4 cup Cheese Lasagna 3/4 c. Peas & Carrots 1/4 c. Whole Wheat Dinner Roll 1 ea. Orange 1ea 1% White Milk 6oz.	12 Beef Salisbury Stk. 1ea. w/ gravy Macaroni and Cheese 3/4 c. Whole Wheat Dinner Roll 1 ea. Broccoli 1/4c Apple (138ct) 1ea 1% White Milk 6oz.	13 Turkey breast 6 sl. Vegetarian Chili Beans 3/4 c. w/ chz on WW Brd 1 sl. Shredded Lettuce 1/4c Baby Carrots 2.6oz pkt Apricots 1/2c. 1% White Milk 6oz.	14 Hamburger Garden Burger 1 ea on a WG Bun w/ cheese 1 sl. Shredded Lettuce 1/4c Potato Salad 1/4C Diced Pears 1/2c. 1% White Milk 6oz.	15 WGBrd. Chicken Strips 3ea. Vegetable Pea Soup 3/4 c. w/ 1.5 oz. grated cheese WW Bread 1 sl. Diced Pears 1/2 c. Mixed Fruit 1/2c. 1% White Milk 6oz.
18 WGBean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Orange (138ct) 1ea. 1% White Milk 6oz.	19 Beef Mtloaf w/grv 1ea. Deluxe Vegetarian Chili Beans 3/4 c. Mashed Potatoes 1/4 c. Whole Wheat Dinner Roll 1 ea. Apricots 1/2c. 1% White Milk 6oz.	20 WhlGrainChicken Bowtie w/pesto sauce 3/4 cup Cheese Lasagna 3/4 c. w/ Whl. Wht. Bread 1 sl. Veg. Medley 1/4c Diced Pears 1/2c. 1% White Milk 6oz.	21 Bk Chicken Drum. 1ea Pinto Beans (cooked) 1/4 c Whole Wheat Dinner Roll 1 ea. Tossed Salad 1/2c Mixed Fruit 1/2c. 1% White Milk 6oz.	22 WG 6" Flour Tortilla 1ea Seasoned Ground Beef 3oz Refried Beans 1/4c WGBean & Cheese burrito 1 ea. Shredded Lettuce 1/2c Shred. Cheese 1/2 oz. Pineapple Tidbits 1/2c. 1% White Milk 6oz.
25 Beef Patty 1ea Garden Burger 1 ea On Whole Wheat Bun 1 ea. Shredded Lettuce 1/4c Cheese 1 sl. Potato Salad 1/4C Diced Pears 1/2c. 1% White Milk 6oz.	26 Whole Grain Beef Stroganoff 3/4c. Vegetable Pea Soup 3/4 c. w/ 1.5 oz. grated cheese w/ Whl. Wht. Bread 1 sl. Baby Carrots 2.6oz pkt Orange 1ea 1% White Milk 6oz.	27 Santa Fe Chicken Thigh 1ea. Macaroni and Cheese 3/4 c. Whole Wheat Dinner Roll 1 ea. Jicama Sticks 1/2 c. Apricots 1/2c. 1% White Milk 6oz.	28 Turkey breast 6 sl. w/ Garden Burger 1 ea chz on WW Brd 1 sl. Shredded Lettuce 1/4c Minestrone Soup 4oz. Mixed Fruit 1/2c. 1% White Milk 6oz.	29 WGBean & Cheese burrito 1 ea. Baby Carrots 2.6oz pkt Apple (138ct) 1ea 1% White Milk 6oz.

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Plants need clean water Care for California. Put fresh on your plate is everyday

