

# Salem Academy Charter School

## VEGETARIAN Lunch Menu

### October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6
Galaxy Cheese Pizza Wango Mango Juice Green Peas WG Birthday Grahams Fresh Apple Choice of Milk	Vegetarian Burger American Cheese Tater Tots Baked Beans WG Hamburger Bun Fresh Orange Blended Fruit Juice Choice of Milk Mustard Ketchup	WG Macaroni & Cheese Sliced Carrots Green Beans WG Dinner Roll Diced Pears Apple Juice Choice of Milk Ketchup	Garbanzo Beans Marinara Sauce WG Penne Pasta Broccoli Cuts WG Dinner Roll Fresh Banana Orange Juice Choice of Milk	WG Bean & Cheese Burrito Whole Kernel Corn Diced Peaches Raisins Dragon Punch Choice of Milk
	10	11	12	13
No School	Cheesy Penne Bake Sweet Potato Tots Green Beans WG Dinner Roll Diced Peaches Apple Juice Choice of Milk	WG Vegetarian Nuggets Whipped Potatoes Sliced Carrots WG Cornbread Loaf WG Birthday Grahams Fresh Orange Blended Fruit Juice Choice of Milk	Garbanzo Beans Orange Sauce Brown Rice WG Goldfish Crackers Green Peas Wango Mango Juice Fresh Apple Choice of Milk	Galaxy Cheese Pizza Baked Beans Fresh Banana Raisins Dragon Punch Choice of Milk
	17	18	19	20
Galaxy Cheese Pizza Green Beans WG Pretzel Goldfish Fresh Apple Wango Mango Juice Choice of Milk	WG Vegetarian Nuggets Sweet Potato Tots Baked Beans Graham Crackers WG Dinner Roll Fresh Orange Apple Juice Choice of Milk BBQ Sauce Ketchup	Garbanzo Beans Teriyaki Sauce Brown Rice Green Peas Sliced Carrots WG Dinner Roll Pineapple Tidbits Orange Juice Choice of Milk	Cheesy Penne Bake Broccoli Cuts Mixed Vegetables WG Dinner Roll Diced Pears Grape Juice Choice of Milk	Cheese Omelet Butternut Squash Dragon Punch WG Cinnamon Roll Fresh Banana Raisins Choice of Milk
	24	25	26	1/2 DAY 27
Stuffed Shells w/Sauce Green Beans Diced Pears Orange Juice WG Pretzel Goldfish Choice of Milk	WG Vegetarian Nuggets Whipped Potatoes Sliced Carrots WG Dinner Roll Diced Peaches Grape Juice WG Birthday Grahams Choice of Milk	Vegetarian Burger Sliced Cheese Crispy Cubed Potatoes Broccoli Cuts WG Hamburger Bun WG Goldfish Crackers Fresh Orange Apple Juice Choice of Milk Ketchup & Mustard	WG Bean & Cheese Burrito Green Peas Whole Kernel Corn Graham Crackers Fresh Banana Blended Fruit Juice Choice of Milk	Galaxy Cheese Pizza Baked Beans Wango Mango Juice Fresh Apple Choice of Milk
30	31			
Cheese Pizza Dippers Marinara Sauce Broccoli Cuts WG Campfire S'mores Bar Mixed Fruit Grape Juice Choice of Milk	Garbanzo Beans Zesty Orange Sauce Brown Rice Green Beans Sliced Carrots WG Dinner Roll Diced Peaches Apple Juice Choice of Milk			 <p><b>TRIO</b> Community Meals</p> <p>Nourishment through compassionate care.</p>