

# Vegetarian HOT LUNCH

OCTOBER 2026



| Monday<br>Fruit: Apple                                                                                                                        | Tuesday<br>Fruit: Clementine                                                                                                   | Wednesday<br>Fruit: Orange                                                                      | Thursday<br>Fruit: Apple                                  | Friday<br>Fruit: Banana                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------|
| SEP 28                                                                                                                                        | SEP 29                                                                                                                         | SEP 30                                                                                          | OCT 1                                                     | OCT 2                                                                |
| <b>Breakfast For Lunch!!!</b><br>Pancakes, Tater Tots, Scrambled Eggs, & Carrots (Maple Syrup/Ranch)<br><u>Contains egg, soy, wheat, milk</u> | Chipotle black beans<br>Brown Rice, Corn,<br><u>Contain dairy, wheat, soy</u>                                                  | Chickpea Fajita, Spanish<br>Enriched White Rice, Green Beans                                    | Mac & Cheese,<br>Broccoli<br><u>Contains dairy, wheat</u> | Pizza day!!!<br>& Mixed Veggies<br><u>Contains soy, wheat, dairy</u> |
| 5                                                                                                                                             | 6                                                                                                                              | 7                                                                                               | 8                                                         | 9                                                                    |
| Plant-Based Meatballs,<br>W.W. Penne Pasta w/<br>Marinara Sauce, & Broccoli,<br><u>CONTAINS: Wheat &amp; Soy</u>                              | Lentil, Mashed Potatoes, WG Roll,<br>Carrots<br><u>Contain dairy, wheat, soy</u>                                               | Honey Jerk vegan Chicken<br>Enriched White Rice,<br>Corn & Red Peppers                          | Chili Beans<br>WG Dinner Roll, Carrots                    | Pizza day!!!<br>& Mixed Veggies<br><u>Contains soy, wheat, dairy</u> |
| 12                                                                                                                                            | 13                                                                                                                             | 14                                                                                              | 15                                                        | 16                                                                   |
| Vegan Chicken Nuggets,<br>w/ Mashed Potatoes,<br>WW Roll, Carrots (Ketchup)<br><u>CONTAINS: Wheat &amp; Soy</u>                               | Chickpea Fajita, Spanish<br>Enriched White Rice, Green Beans                                                                   | Hot Dog Day!!!! Vegan Sausage, WG<br>Sub, & Roasted Carrots, (Ketchup)<br><u>Contains wheat</u> | Enriched White Rice,<br>Beans Stew, Broccoli              | Pizza day!!!<br>& Mixed Veggies<br><u>Contains soy, wheat, dairy</u> |
| 19                                                                                                                                            | 20                                                                                                                             | 21                                                                                              | 22                                                        | 23                                                                   |
| <b>Breakfast For Lunch!!!</b><br>Pancakes, Sausage & Carrots<br>(Maple Syrup/Ranch)<br><u>Contains egg, soy, wheat, milk</u>                  | Burger Day!!! Veggie<br>burgerAmerican Cheese on a WG<br>Bun, Potato Tater Tots (Ketchup)<br><u>Contains dairy, soy, wheat</u> | General Tso' Tofu<br>Enriched White Rice, Broccoli<br><u>Contain dairy, wheat, soy</u>          | Mac & Cheese,<br>Broccoli<br><u>Contains dairy, wheat</u> | Pizza day!!!<br>& Mixed Veggies<br><u>Contains soy, wheat, dairy</u> |
| 26                                                                                                                                            | 27                                                                                                                             | 28                                                                                              | 29                                                        | 30                                                                   |
| Hot Dog Day!!!! Vegan Sausage, WG<br>Sub, & Roasted Carrots, (Ketchup)<br><u>Contains wheat</u>                                               | Pesto Cheese cream with<br>Enriched Pasta & Broccoli<br><u>Contains dairy, wheat</u>                                           | Caribbean lentil, Brown Rice<br>Corn & Green Pepper<br><u>Contain dairy, wheat, soy, eggs</u>   | Enriched White Rice,<br>Beans Stew, Broccoli              | Pizza day!!!<br>& Mixed Veggies<br><u>Contains soy, wheat, dairy</u> |

**Every Meal Includes an 8 ounce 2% Milk Carton or an 8 ounce Chocolate Milk Carton**