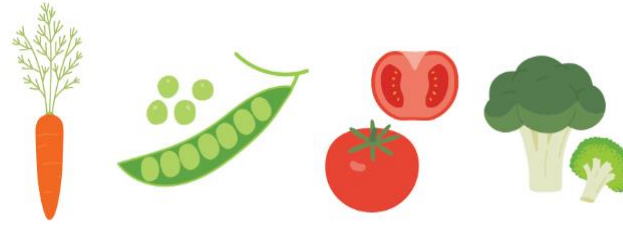


VEGETARIAN LUNCH 9-12

Salem Academy Charter School
October 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | 1 WG Vegetarian Nuggets Baked Beans Whole Kernel Corn Graham Crackers WG Dinner Roll Diced Pears Apple Juice | 2 Cheese Omelet Crispy Cubed Potatoes WG Pancakes Fresh Banana Applesauce Paradise Punch | 3 Cheesy Penne Bake Broccoli Cuts Butternut Squash WG Dinner Roll Fresh Orange Grape Juice | 4 Vegetarian Burger Sliced Cheese Sweet Potato Tots WG Hamburger Bun Fresh Apple Mango Splash Juice |
| 7 Stuffed Shells w/Sauce Green Beans Diced Pears Raisins WG Pretzel Goldfish | 8 WG Vegetarian Nuggets Whipped Potatoes Sliced Carrots WG Dinner Roll Diced Peaches WG Birthday Grahams Grape Juice Box | 9 Vegetarian Burger Sliced Cheese Baked Beans Broccoli Cuts WG Hamburger Bun Fresh Orange Apple Juice Box WG Goldfish Crackers | 10 WG Bean/Cheese Burrito Tater Tots Mixed Berry Animal Crackers Fresh Banana Applesauce Paradise Punch Juice Box | 11 Galaxy Cheese Pizza Crispy Cubed Potatoes Fresh Apple Mango Splash Juice Box |
| 14 | 15 Cheese Pizza Dippers Marinara Sauce Broccoli Cuts Mixed Fruit OJ/Tangerine Juice Box WG Campfire S'mores Bar | 16 Vegetarian Burger Sliced Cheese Baked Beans WG Hamburger Bun Fresh Orange Raisins Mango Splash Juice Box | 17 Cheese Omelet WG Pancakes Crispy Cubed Potatoes Fresh Apple Paradise Punch Juice Box | 18 Vegetarian Meatballs Marinara Sauce Sliced Carrots Green Beans WG Hot Dog Bun Fresh Banana Grape Juice Box |
| 21 WG Mac & Cheese Baked Beans Potato Smiles WG Cornbread Loaf Sliced Apples OJ/Tangerine Juice Box | 22 Galaxy Cheese Pizza Broccoli Cuts Diced Peaches Raisins Paradise Punch Juice Box WG Birthday Grahams | 23 Garbanzo Beans Sliced Carrots Green Beans WG Dinner Roll Fresh Apple Grape Juice Box | 24 Vegetarian Burger Sliced Cheese Sweet Potato Tots WG Hamburger Bun Fresh Orange Mango Splash Juice Box Raisins | 25 WG Vegetarian Nuggets Whole Kernel Corn Fresh Banana Applesauce WG Waffle Paradise Punch Juice Box Mixed Berry Animal Crackers |
| 28 Cheesy Penne Bake Marinara Sauce Green Beans Diced Peaches WG Dinner Roll Apple Juice Box | 29 WG Mac & Cheese Broccoli Cuts WG Dinner Roll Diced Pears Applesauce Mango Splash Juice Box | 30 Cheese Omelet Whipped Potatoes Sliced Carrots WG Cornbread Loaf WG Birthday Grahams Fresh Orange Fruit Punch | 31 WG Vegetarian Nuggets Baked Beans Fresh Banana Raisins WG Dinner Roll Graham Crackers Paradise Punch Juice Box |  Nourishment through compassionate care. |