

# VEGETARIAN MENU



## SEPTEMBER 2026

| Monday<br>Fruit: Apple                                                                                                                 | Tuesday<br>Fruit: Clementine                                                                    | Wednesday<br>Fruit: Orange                                                                                                                    | Thursday<br>Fruit: Apple                                                                                           | Friday<br>Fruit: Banana                                                |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>AUG 31</b>                                                                                                                          | <b>1</b>                                                                                        | <b>2</b>                                                                                                                                      | <b>3</b>                                                                                                           | <b>4</b>                                                               |
| Plant-Based Meatballs,<br>W.W. Penne Pasta w/<br>Marinara Sauce, & Broccoli,<br><u>CONTAINS: Wheat &amp; Soy</u>                       | Baked Cheese Stick,<br>Mashed Potato,<br>WW Roll, Carrots<br><u>CONTAINS: Wheat &amp; Dairy</u> | Honey Jerk Tofu<br>Enriched White Rice,<br>Corn & Red Peppers<br><u>CONTAINS: Soy</u>                                                         | Plant-Based Meatball Hawaiian<br>Huli-Huli Bowl, Pea, Yellow<br>Enriched Rice, Green Beans<br><u>CONTAINS: Soy</u> | Pizza day!!!<br>& Mixed Veggies,<br><u>CONTAINS: Wheat &amp; Dairy</u> |
| <b>7</b>                                                                                                                               | <b>8</b>                                                                                        | <b>9</b>                                                                                                                                      | <b>10</b>                                                                                                          | <b>11</b>                                                              |
| Vegan Chicken Nuggets,<br>w/ Mashed Potatoes,<br>WW Roll, Carrots (Ketchup)<br><u>CONTAINS: Wheat &amp; Soy</u>                        | Refried Beans, Spanish Enriched<br>White Rice, Green Beans                                      | Teriyaki Vegan Ball<br>WG Pasta/Teriyaki Glaze<br>Broccoli<br><u>CONTAINS: Soy</u>                                                            | Baked Cheese Stick,<br>Enriched White Rice,<br>Beans Stew, Plantains<br><u>CONTAINS: Wheat &amp; Dairy</u>         | Pizza day!!!<br>& Mixed Veggies,<br><u>CONTAINS: Wheat &amp; Dairy</u> |
| <b>14</b>                                                                                                                              | <b>15</b>                                                                                       | <b>16</b>                                                                                                                                     | <b>17</b>                                                                                                          | <b>18</b>                                                              |
| Breakfast For Lunch!!!<br>Pancakes, Tater Tots, Cheese<br>Stick & Carrots<br>(Maple Syrup/Ranch)<br><u>CONTAINS: Wheat &amp; Dairy</u> | General Tso' Vegan Chicken<br>Enriched White Rice, Broccoli<br><u>CONTAINS: Soy</u>             | Veggie Burger Day!!!<br>Veggie Patty & American Cheese on<br>a W.W. Bun, Potato Tater Tots<br>(Ketchup)<br><u>CONTAINS: Wheat &amp; Dairy</u> | Mac & Cheese,<br>Broccoli<br><u>CONTAINS: Wheat &amp; Dairy</u>                                                    | Pizza day!!!<br>& Mixed Veggies,<br><u>CONTAINS: Wheat &amp; Dairy</u> |
| <b>21</b>                                                                                                                              | <b>22</b>                                                                                       | <b>23</b>                                                                                                                                     | <b>24</b>                                                                                                          | <b>25</b>                                                              |
| Hot Dog Day!!!!<br>Vegan Sausage, WW Sub,<br>Potato Tots, & Roasted Carrots,<br>(Ketchup)<br><u>CONTAINS: Wheat &amp; Soy</u>          | Vegan Chicken Alfredo<br>Enriched Pasta,<br>& Broccoli,<br><u>CONTAINS: Wheat &amp; Soy</u>     | Caribbean Tofu Rice Bowl,<br>Corn & Green Pepper<br><u>CONTAINS: Soy</u>                                                                      | Baked Cheese Stick,<br>Enriched White Rice,<br>Beans Stew, Plantains<br><u>CONTAINS: Wheat &amp; Dairy</u>         | Pizza day!!!<br>& Mixed Veggies,<br><u>CONTAINS: Wheat &amp; Dairy</u> |
| <b>28</b>                                                                                                                              | <b>29</b>                                                                                       | <b>30</b>                                                                                                                                     | <b>OCT 1</b>                                                                                                       | <b>OCT 2</b>                                                           |
| Breakfast For Lunch!!!<br>Pancakes, Tater Tots, Cheese<br>Stick & Carrots<br>(Maple Syrup/Ranch)<br><u>CONTAINS: Wheat &amp; Dairy</u> | Chipotle Vegan Beef,<br>Brown Rice, Corn<br><u>CONTAINS: Soy</u>                                | Refried Beans, Spanish Enriched<br>White Rice, Green Beans                                                                                    | Mac & Cheese,<br>Broccoli<br><u>CONTAINS: Wheat &amp; Dairy</u>                                                    | Pizza day!!!<br>& Mixed Veggies,<br><u>CONTAINS: Wheat &amp; Dairy</u> |

**Every Meal Includes an 8 Ounce 1% Milk Carton or an 8 Ounce Chocolate Milk Carton**