



NOVEMBER

2024 UPK VEGETARIAN MENU AM SNACK, LUNCH & PM SNACK



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

Menu Items are subject to change based on availability

1 Croissant

Carrot Mac and Cheese
Yellow Squash Cubes with Garlic Oil
Broccoli

Blood Orange Yogurt Bread

4 Homemade Granola with Flax Seed & Crispies

Pinto Bean Tacos
Yellow Rice
Green beans
Fiesta Corn & Bean Salad

Cheddar Cheese Cubes & Crackers

5 Vanilla or Berry Yogurt Yogurt

Swedish Mushroom 'Meat'balls
Egg Noodles
Carrot Cubes
Peas

Banana Bread

6 Apple Cinnamon Bread

Toasted Cheddar Sandwiches
Green Beans
Broccoli

Chickpea Hummus & Pita

7 Cheerios

Seitan Tagliarini
Corn
Cheesy Cauliflower

Homemade Pimento Cheese and Crackers

8 Croissants

Quinoa Fritter Sandwich
Broccoli
Carrots Disks

Apple Cinnamon Bread

11 Bagel & Cream Cheese

Tandoori Paneer & Chickpeas
Steamed Rice
Peas
Veggie Chickpea
Tikka Masala

Blueberry Lemon Bread

12 Cherrios

Chickpea Bolognese
Penne
Carrot Disks
Broccoli

Fresh Herb Ranch Cottage Cheese & Crackers

13 Cheddar Cheese Cubes & Crackers

BBQ Tofu Strips
Corn Bread
Corn
Peas

Corn Bread

14 Croissant

BlackBean Sliders
Brioche Roll
Broccoli
Green Beans

Cheese Stick & Crackers

15 Corn Chex

Cheesy Pizza Bites
Kale Pesto White Beans
Carrot Disks

Biscuit + Jam

18 Homemade Granola with Flax Seed & Crispies

Arroz con Frijoles
Mexican Street Corn
Cumin Spiced Carrot Disks

Banana Bread

19 Croissant & Butter

Penne with Marinara and Mozzarella
Carrots
Peas

Pumpkin Bread

20 Bagel & Cream Cheese

BlackBean Sliders
Brioche Roll
Cauliflower
Broccoli

Graham Crackers & Strawberry Cream Cheese Dip

21 Apple Cinnamon Bread

Quinoa Fritter
Ditalini
Green Beans
Carrot Disks

Cheddar Cheese Cubes & Pita

22 Strawberry Yogurt

BBQ Pulled Seitan over Rice
Broccoli
Corn

Carrot Bread

25 Bagel & Cream Cheese

Chickpea Bolognese
Ditalini
Peas
Cheesy Cauliflower

Cheese Stick & Crackers

26 Cherrios

BlackBean Tacos
Yellow Rice
Corn
Green Beans

Cheddar Corn Bread

27 Croissant & Butter

Fontina Mac & Cheese
Carrots
Broccoli

Raspberry or Cherry Yogurt

28

NO SCHOOL

29

NO SCHOOL