



# NOVEMBER

## 2024 UPK VEGETARIAN MENU 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**

Carrot Mac and Cheese  
Yellow Squash Cubes with Garlic Oil  
Broccoli

Blood Orange Yogurt Bread

**4**  
Pinto Bean Tacos  
Yellow Rice  
Green beans  
Fiesta Corn & Bean Salad

Cheddar Cheese Cubes & Crackers

**5**  
Swedish Mushroom 'Meat'balls  
Egg Noodles  
Carrot Cubes  
Peas

Banana Bread

**6**  
Toasted Cheddar Sandwiches  
Green Beans  
Broccoli

Chickpea Hummus & Pita

**7**  
Seitan Tagliarini  
Corn  
Cheesy Cauliflower

Homemade Pimento Cheese and Crackers

**8**  
Quinoa Fritter Sandwich  
Broccoli  
Carrots Disks

Apple Cinnamon Bread

**11**  
Tandoori Paneer & Chickpeas  
Steamed Rice  
Peas  
Veggie Chickpea  
Tikka Masala

Blueberry Lemon Bread

**12**  
Chickpea Bolognese  
Penne  
Carrot Disks  
Broccoli

Fresh Herb Ranch Cottage Cheese & Crackers

**13**  
BBQ Tofu Strips  
Corn Bread  
Corn  
Peas

Corn Bread

**14**  
BlackBean Sliders  
Brioche Roll  
Broccoli  
Green Beans

Cheese Stick & Crackers

**15**  
Cheesy Pizza Bites  
Kale Pesto White Beans  
Carrot Disks

Biscuit + Jam

**18**  
Arroz con Frijoles  
Mexican Street Corn  
Cumin Spiced Carrot Disks

Banana Bread

**19**  
Penne with Marinara and Mozzarella  
Carrots  
Peas

Pumpkin Bread

**20**  
BlackBean Sliders  
Brioche Roll  
Cauliflower  
Broccoli

Graham Crackers & Strawberry Cream Cheese Dip

**21**  
Quinoa Fritter  
Ditalini  
Green Beans  
Carrot Disks

Cheddar Cheese Cubes & Pita

**22**  
BBQ Pulled Seitan over Rice  
Broccoli  
Corn

Carrot Bread

**25**  
Chickpea Bolognese  
Ditalini  
Peas  
Cheesy Cauliflower

Cheese Stick & Crackers

**26**  
BlackBean Tacos  
Yellow Rice  
Corn  
Green Beans

Cheddar Corn Bread

**27**  
Fontina Mac & Cheese  
Carrots  
Broccoli

Raspberry or Cherry Yogurt

**28**  
**NO SCHOOL**

**29**  
**NO SCHOOL**