



# JANUARY

## 2025 UPK VEGETARIAN MENU AM SNACK, LUNCH & PM SNACK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p> <p>*Menu Items are subject to change based on availability*</p>		<p><b>1</b></p> <p><b>NO SCHOOL</b></p>	<p><b>2</b> Cheese Stick</p>	<p><b>3</b> Croissant</p>
			<p>Penne with Chickpea Bolognese Cauliflower Peas</p>	<p>BlackBean Sliders Brioche Roll Broccoli Carrot Disks</p>
			<p>Apple Cinnamon Bread</p>	<p>Banana Bread</p>
<p><b>6</b> Homemade Granola with Flax Seed &amp; Crispies</p>	<p><b>7</b> Vanilla or Berry Yogurt Yogurt</p>	<p><b>8</b> Blueberry Lemon Bread</p>	<p><b>9</b> Cheerios</p>	<p><b>10</b> Croissants</p>
<p>Penne Tomato Mascarpone Sauce &amp; Mozzarella Green Beans Carrot Disks</p>	<p>Toasted Cheddar Sandwich Creamy Smashed Potatoes Broccoli</p>	<p>Indian Butter Chickpeas &amp; Paneer Steamed Rice Carrots Turmeric Cauliflower</p>	<p>Glazed Mushroom Patties Roll Butternut Squash Cubes Peas</p>	<p>Oven Baked Corn Fritters Couscous Quinoa Pilaf Peas Zucchini</p>
<p>Cheddar Cheese Cubes &amp; Crackers</p>	<p>Carrot Bread</p>	<p>Chickpea Hummus &amp; Pita</p>	<p>Graham Crackers &amp; Strawberry Cream Cheese Dip</p>	<p>Banana Bread</p>
<p><b>13</b> Bagel &amp; Cream Cheese</p>	<p><b>14</b> Cherrios</p>	<p><b>15</b> Cheddar Cheese Cubes &amp; Crackers</p>	<p><b>16</b> Croissant</p>	<p><b>17</b> Corn Chex</p>
<p>Kale Basil Pesto with Gemelli Mozzarella Carrot Disks Cauliflower</p>	<p>Quinoa Fritters Orzo Broccoli &amp; Garlic Buttered Corn</p>	<p>BlackBean Tacos Yellow Rice Green Beans Mexican Squash</p>	<p>Swedish Mushroom 'Meat'balls Pasta Carrots Peas</p>	<p>Cheesy Pizza Bites Kale Pesto White Beans Broccoli</p>
<p>Blueberry Lemon Bread</p>	<p>Fresh Herb Ranch Cottage Cheese &amp; Pretzels</p>	<p>Strawberry Banana Yogurt</p>	<p>Cheese Stick &amp; Crackers</p>	<p>Biscuit + Jam</p>
<p><b>20</b></p>	<p><b>21</b> Cheese Stick &amp; Crackers</p>	<p><b>22</b> Bagel &amp; Cream Cheese</p>	<p><b>23</b> Apple Cinnamon Bread</p>	<p><b>24</b> Strawberry Yogurt</p>
<p>Ditalini with Marinara Mozzarella Corn Broccoli</p>	<p>BlackBean Sliders Brioche Roll Green Beans Carrot Disks</p>	<p>Quinoa Fritters Pasta Peas Butternut Squash Cubes</p>	<p>Toasted Cheddar Sandwiches Carrot Disks Broccoli</p>	<p>Tomato Basil Braised Whitbeans Gemelli Pasta Peas Cheesy Cauliflower</p>
<p>Vegan Chocolate Pudding + Raspberry</p>	<p>Blueberry Lemon Bread</p>	<p>Peach Yogurt</p>	<p>Chickpea Hummus &amp; Crackers</p>	<p>Carrot Bread</p>
<p><b>27</b> Bagel &amp; Cream Cheese</p>	<p><b>28</b> Cherrios</p>	<p><b>29</b> Blueberry Lemon Bread</p>	<p><b>30</b> Graham Crackers &amp; Strawberry Cream Cheese Dip</p>	<p><b>31</b> Croissant &amp; Jam</p>
<p>Chickpea Bolognese Penne Carrots Broccoli</p>	<p>Arroz Con Vegetables Seasoned BlackBeans Peas</p>	<p>Carrot Mac and Cheese Butternut Squash Cubes Broccoli</p>	<p>Baked Corn Fritter Ditalini Creamy Smashed Potatoes Ratatouille</p>	<p>Mushroom White Bean Stew Egg Noodles Peas &amp; Carrots</p>
<p>Corn Bread</p>	<p>Pimento Cheese &amp; Pretzels</p>	<p>Cherry or Raspberry Yogurt</p>	<p>Banana Bread</p>	<p>Cheese Stick &amp; Pita</p>