

*Soy milk served with every meal
 *Whole grain served daily

September 2019 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 Vegan Pizza Fresh Fruit Fresh Vegetable	4 Pasta/Nonmeat Sauce Green Beans Oranges	5 Beans Bread Green Beans Berries	6 Vegan-veggie Burgers Carrot Sticks Apples
9 Vegan Pizza Fresh Fruit Fresh Vegetable	10 Black Bean Tacos Tomatoes Apples	11 Pinto Beans and Brown Rice Sweet Potatoes Pears	12 Chana Masala Brown Rice Peas Melon	13 Vegan-veggie Burgers Green Beans Oranges
16 Vegan Pizza Fresh Fruit Fresh Vegetable	17 Vegan Pinto Enchilada Tomatoes Apples	18 Pasta/Nonmeat Sauce Cucumbers Oranges	19 Chana Masala Brown Rice Sweet Potatoes Berries	20 Three Bean Chilli Whole Wheat Rolls Green Beans Melon
23 Vegan Pizza Fresh Fruit Fresh Vegetable	24 Tofu Tacos Tomatoes Melon	25 Vegan "Chicken" Patty Brown Rice Mixed Veggie Pears	26 Vegan Tator Tot Hot Dish Peas/Carrots Mixed Fruit	27 Vegan-veggie Burgers Carrot Sticks Apples
30 Vegan Pizza Fresh Fruit Fresh Vegetable	1 Pinto Bean Tacos Tomatoes Oranges	2 Dahl Brown Rice Mixed Veggies Mixed Fruit	3 White Bean and Veggie Pasta Apples	4 Vegan Sloppy Joes Green Beans Melon

If you'd like to change your child's menu to the vegan menu please complete a new child's need form from the website and return it to the tuition box.

This alternate menu will be used for children with vegan diets and those with allergies to animal products as needed as well as whole groups when necessary to reduce the risk of allergen exposure.

We strive to use raw beans and fresh vegetables when possible.