

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

February 2020 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegan Pizza Veggie Patty Fruit Vegetable	4 Black Bean Whole Wheat Tacos Vegetables Pears	5 Pinto Bean Vindaloo Brown Rice Peas Apples	6 Tofu Quinoa Green Beens Sliced Cucumbers	7 Vegan-veggie Burgers Fries Apple Sauce
10 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	11 Black Bean and Corn Chili Crackers Cantalope	12 Chana Masala With Peas Brown Rice Orange Slices	13 Vegetable Tofu Coconut Curry Quinoa Apples	14 Tomato Soup Beans Sliced Cucumber Plums
17 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	18 Veggie Patties Brown Rice Peas Melon	19 Vegan Tator Tot Hot Dish Rolls Strawberries	20 Pasta/Non-Meat Sauce Green Beans Mellon	21 Vegan No-chicken Soup With Tofu Vegan Grilled Cheese Carrots Pears
24 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	25 Tofu Fajita Tacos Tomatoes Melon	26 Mild Anchor Wat Quinoa Mixed Vegetables Apples	27 Chilli Rolls Green Beans Melon	28 Vegan-veggie Burgers Fries Corn Mixed Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.

