

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

March 2020 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Veggie Patty Fresh Fruit Fresh Veggie	3 Chana Masala Rice Broccoli Pears	4 Pasta and Non-Meat Sauce Fresh Veggie Plums	5 Vegan Tator Tot Hot Dish Fresh Fruit Melon	6 Vegan Crispy Tenders Roasted Potatoes Green Beans Mixed Fruit
9 Pizza Veggie Patty Fresh Fruit Fresh Veggie	10 Black Bean Taco Lettuce/Tomato Cheese Pears	11 Kidney Bean Vindaloo Boiled Potatoes Applesauce WW Roll	12 Tofu Veggie Coconut Curry Fresh Fruit Breadstick	13 Dahl Whole Wheat Bread Sliced Cucumber Plums
16 Pizza Veggie Patty Fresh Fruit Fresh Veggie	17 Beans and Rice Rice Oranges	18 Mirsir Wat Quinoa Fresh Fruit Fresh Veggie	19 White Beans Noodles Fresh Fruit Fresh Veggie	20 Meatless Chili Bread Veggies Fresh Fruit
23 Pizza Veggie Patty Fresh Fruit Fresh Veggie	24 ChickPeas, Veggie, Rice Casserole Fresh Fruit	25 Pinto Bean Tacos Lettuce/Tomato Cheese Fresh Fruit	26 Black Bean and Corn Chili Fresh Fruit Bread	27 Veggie Burger Bun Mixed Veggies Fresh Fruit
30 Pizza Veggie Patty Fresh Fruit Fresh Veggie	31 Curried ChickPeas, Potatoes, and Peas Melon WW Bun Roll	1 Black Bean, Tortilla, Enchilada Stew Tomatoes Pears	2 Spaghetti and Vegan Meat Sauce Mixed Veggies Oranges	3 Vegan Crispy Tenders Tator Tots Fresh Fruit Carrot Stix WW Bun

Breakfast consists of soy milk; 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 soy milk and one fruit or vegetable.