

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

June 2020 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegan Pizza Veggie Patty Fruit Vegetable	2 Black Bean Whole Wheat Tacos Vegetables Pears	3 Pinto Bean Vindaloo Brown Rice Peas Apples	4 Pinto Bean Tacos Lettuce/Tomato Cheese Fresh Fruit	5 Vegan-veggie Burgers Fries Apple Sauce
8 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	9 Pinto Bean Tacos Lettuce/Tomato Fresh Fruit	10 Chana Masala With Peas Brown Rice Orange Slices	11 Tofu Veggie Curry Quinoa Cucumbers	12 Hamburgers Buns Veggie Fruit
15 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	16 Veggie Patties Brown Rice Peas Melon	17 Vegan Tator Tot Hot Dish Rolls Strawberries	18 Pasta/Non-Meat Sauce Green Beans Mellon	19 Cold cuts or veggie patty Bread Vegetable Fruit
22 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	23 Tofu Fajita Tacos Tomatoes Melon	24 Mild Anchor Wat Quinoa Mixed Vegetables Apples	25 Chilli Rolls Green Beans Melon	26 Vegan-veggie Burgers Fries Corn Mixed Fruit
29 Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	30 Beans and Rice Tomatoes Melon			

Breakfast consists of soy milk; a fruit; and one of the following whole grain cereals: Cheerios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or soy milk and one fruit or vegetable.

