

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

August 2020 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegan Pizza Veggie Patty Fruit Vegetable	4 Pinto Bean Vindaloo Brown Rice Fruit Vegetable	5 Chick'n Patty Bun Fruit Vegetable	6 Tofu Quinoa Fruit Vegetable	7 Vegan-veggie Burgers Fruit Vegetable
10 Vegan Pizza Veggie Patty Fruit Vegetable	11 Black Bean and Corn Chili Crackers Fruit Vegetable	12 Chana Masala Brown Rice Fruit Vegetable	13 Vegetable Tofu Coconut Curry Quinoa Apples	14 Quesadilla Beans Fruit Vegetable
17 Vegan Pizza Veggie Patty Fruit Vegetable	18 Veggie Patties Brown Rice Fruit Vegetable	19 Vegan Tator Tot Hot Dish Rolls Fruit	20 Pasta/Non-Meat Sauce Fruit Vegetable	21 Vegan-veggie Burgers Fruit Vegetable
24 Vegan Pizza Veggie Patty Fruit Vegetable	25 Tofu Fajita Tacos Fruit Vegetable	26 Black Beans Rice Fruit Vegetable	27 Chilli Rolls Green Beans Melon	28 Quesadilla Beans Fruit Vegetable
31 Vegan Pizza Veggie Patty Fruit Vegetable				

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.