



FEBURARY

2025 UPK VEGETARIAN MENU LUNCH & PM SNACK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Kale Basil Pesto with Gemelli with Mozzarella Carrot Disks Green Beans Corn Bread	4 BBQ Tofu Strips with Homemade Organic Spice Rub Over Steamed Rice Creamy Smashed Potatoes with Parsnips Broccoli Cheddar Cheese Cubes & Wholewheat Pita	5 Penne with Marinara and Mozzarella Carrots Peas Apple Cinnamon Bread	6 Leek and Fontina Pasta Broccoli Cauliflower with Garlic Oil Banana Bread	7 Teriyaki Seitan Steamed Rice Edamame Carrots Tzatziki & Pita
10 Penne Tomato Mascapone & Mozzarella Broccoli Carrot Disks Cheddar Cheese Cubes & Crackers	11 Mediterranean Mushroom Meatballs & Chickpeas Buttered Macaroni Peas Turmeric Cauliflower Carrot Bread	12 Adobo Honey Seitan Yellow Rice Green Beans Mexican Street Corn Banana Bread	13 BlackBean Sliders Carrots Broccoli Graham Crackers & Strawberry Cream Cheese Dip	14 Braised White Beans with Carrots & Parsnips Buttered Egg Noodles Yellow Squash with Garlic Oil Peas Chickpea Hummus & Pita
17 Ditalini with Chickpea Bolognese Cauliflower Green Beans Vegan Chocolate Pudding + Raspberry	18 Glazed Mushroom Meatloaf Sandwich Roasted Whipped Sweet Potatoes Broccoli Fresh Herb Ranch Cottage Cheese & Cucumber Slices	19 Teriyaki Tofu Steamed Rice Edamame Carrots Strawberry Banana Yogurt	20 Carrot Mac and Cheese Cauliflower Peas Corn Bread	21 Penne with Marinara & Mozzarella Butternut Squash Cubes Broccoli Greek Yogurt with Strawberry Chia Compote
24 Arroz Con Frijoles Carrot Disks Green Beans with Mild Scallion Blueberry Lemon Bread	25 Penne with Chickpea Bolognese Yellow Squash Broccoli Banana Bread	26 Lemon Garlic Halloumi & Chickpeas Quinoa Couscous Pilaf Cauliflower Greek Peas Vanilla Yogurt	27 Toasted Cheddar Sandwich Kale Pesto White Beans Broccoli Biscuit & Jam	28 Corn Fritters Buttered Macaroni Creamy Smashed Potatoes Cheesy Cauliflower Cheese Cubes & Crackers

WE WANT TO HEAR FROM YOU!

Scan the code to suggest changes!



Our menu incorporates organic and local ingredients. Our farm partners include Greiner Brothers Farms, Cabot Creamery Cooperative & Ronnybrook Farms as well as other local producers.

Menu Items are subject to change based on availability

