

UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

SCHOOL MARCH

BULK LUNCH K-8 2022 23



Monday	Tuesday	Wednesday	Thursday	Friday
27 - Chicken Enchiladas - Pasta X Plosion! - Sunbutter & Jelly Sandwich	28 - Mr. Mike's Bbq Chicken Sandwic - Bean And Cheese Burrito - Yogurt Berry Parfait & Muffin	1 - Sausage Egg & Cheese Biscuit - Pasta W/ Marinara & Cheese - Chicken Caesar Wrap - Summer Corn & Tomato Pasta Salad	2 - Breaded Chicken Sandwich - Mac And Cheese - Farmers Market Egg Salad W/ Roll - Beef Fajita Wrap	3 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Chicken Salad On A Hoagie
6 - Chicken Pesto Wrap - Cheeseburger - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheddar Sandwich	7 - Beef Hot Dog - Pasta W/ Butter & Cheese - Bagel Kit - Turkey & Cheese On Dutch Crunch	8 - Smoked Chicken Wrap - Spaghetti W/ Beef Meatsauce - Bean And Cheese Burrito - Chicken Bacon Ranch Salad W/ Roll	9 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara - Tuna Sandwich - Picnic Box	10 - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
13 - Chicken Burrito - Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap	14 - Chicken Corn Dog - Minestrone Soup W/ Roll - Bagel Kit - Italian Deli Sub	15 - Teriyaki Chicken W/ Rice & Veggies - Cheesy Bean Dip W/ Tortilla Chips - Farmers Market Chk Salad,Roll - Breaded Chicken Wrap	16 - Bbq Chicken Quesadilla - Mac And Cheese - Breaded Chicken Salad - Egg Salad Sandwich	17 - Turkey And Cheddar Sandwich - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll
20 - Beef Fajita Bowl - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	21 - Bagel Kit - Beef Hot Dog - Cheese Ravioli W/ Marinara - Turkey & Cheese On Dutch Crunch	22 - Hamburger - Cheese Quesadilla - Chicken Salad On A Hoagie - Big Kahuna Tuna Wrap	23 - Southwest Veggie Taco Salad W/ Tortilla Chips - Chicken Nuggets W/ Butter & Cheese Pasta - South Of The Bordr Chili&Chips - Chicken Bacon Ranch Wrap	24 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Wrap - Italian Market Salad
27 - Picnic Box - Greek Chicken & Rice Pilaf - Pasta X Plosion! - Sunbutter & Jelly Sandwich	28 - Bagel Kit - Mr. Mike's Bbq Chicken Sandwic - Bean And Cheese Burrito - Yogurt Berry Parfait & Muffin	29 - Chicken Calzone - Pasta W/ Marinara & Cheese - Chicken Caesar Wrap - Pesto Caprece Salad	30 - Turkey And Cheddar On A Hoagie - Breaded Chicken Sandwich - Mac And Cheese - Farmers Market Egg Salad W/ Roll	31 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Italian Deli Sub

Drinks



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@nobhillcatering.com



www.thelunchmaster.com



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UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

SCHOOL

MARCH

BREAKFAST K-12 2022 23



Monday	Tuesday	Wednesday	Thursday	Friday
27 - French Toast Sandwich - Breakfast Scone - Breakfast Cereal	28 - Breakfast Bowl W/ Biscuit - Breakfast Muffin - Breakfast Cereal	1 - Pancakes & Syrup - Bagel W/ Cream Cheese - Breakfast Cereal	2 - Egg & Cheese Burrito - Breakfast Scone - Breakfast Cereal	3 - Breakfast Chilaquiles - Cheesy Cornbread Muffin - Breakfast Cereal
6 - Cheddar Cheese Bagel - Yogurt W/ Grahams - Breakfast Cereal	7 - Sausage Egg & Cheese Biscuit - Breakfast Muffin - Breakfast Cereal	8 - Scrambled Eggs W/ Muffin - Bagel W/ Cream Cheese - Breakfast Cereal	9 - Chicken Patty Biscuit - Apple Cinnamon Frudel - Breakfast Cereal	10 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal
13 - Pancakes & Syrup - Breakfast Scone - Breakfast Cereal	14 - Breakfast Chilaquiles - String Cheese W/ Mini Muffin - Breakfast Cereal	15 - Sausage Biscuit Sandwich - Cheesy Cornbread Muffin - Breakfast Cereal	16 - Breakfast Bowl W/ Biscuit - Yogurt W/ Grahams - Breakfast Cereal	17 - Blueberry Crumble - Breakfast Muffin - Breakfast Cereal
20 - Scrambled Eggs W/ Muffin - Bagel W/ Cream Cheese - Breakfast Cereal	21 - Turkey Sausage On A Bun - Breakfast Scone - Breakfast Cereal	22 - Sausage, Egg & Cheese Burrito - String Cheese W/ Mini Muffin - Breakfast Cereal	23 - Chicken Patty Biscuit - Breakfast Muffin - Breakfast Cereal	24 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal
27 - French Toast Sandwich - Breakfast Scone - Breakfast Cereal	28 - Breakfast Bowl W/ Biscuit - Breakfast Muffin - Breakfast Cereal	29 - Pancakes & Syrup - Bagel W/ Cream Cheese - Breakfast Cereal	30 - Egg & Cheese Burrito - Breakfast Scone - Breakfast Cereal	31 - Breakfast Chilaquiles - Cheesy Cornbread Muffin - Breakfast Cereal

Drinks

1% Milk, Nonfat Milk



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UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

SCHOOL MARCH

Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
27 - Vegan Black Bean Burrito Bowl	28 - Vegan Pinto Pozole W/ Tortilla Chips	1 - Vegan Indian Chickpeas W/ Rice	2 - Vegan Three Bean Chili W/ Tortilla Chips	3 - Myo Vegan Tacos
6 - Vegan Pinto Pozole W/ Tortilla Chips	7 - Vegan Spanish Beans W/ Rice	8 - Vegan Fried Rice	9 - Vegan Black Bean Burrito Bowl	10 - Vegan Three Bean Chili W/ Tortilla Chips
13 - Myo Vegan Tacos	14 - Vegan Pinto Pozole W/ Tortilla Chips	15 - Vegan Spanish Beans W/ Rice	16 - Vegan Fried Rice	17 - Vegan Indian Chickpeas W/ Rice
20 - Vegan Pinto Pozole W/ Tortilla Chips	21 - Myo Vegan Tacos	22 - Vegan Pinto Pozole W/ Tortilla Chips	23 - Vegan Spanish Beans W/ Rice	24 - Vegan Fried Rice
27 - Vegan Spanish Beans W/ Rice	28 - Vegan Black Bean Burrito Bowl	29 - Vegan Indian Chickpeas W/ Rice	30 - Vegan Three Bean Chili W/ Tortilla Chips	31 - Myo Vegan Tacos

Drinks

1% Milk, Nonfat Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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UNIVERSITY PREPERATORY ACADEMY
 CHARTER HIGH SCHOOL
MARCH

BULK LUNCH K-8
2022 23



Date	Menu Item	Allergens
Monday 27	Chicken Enchiladas	Soy, Milk, Chicken, Tomato
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
Tuesday 28	Mr. Mike's Bbq Chicken Sandwic	Chicken, Wheat, Soy, Milk, Tomato
	Bean And Cheese Burrito	Milk, Wheat, Soy
	Yogurt Berry Parfait & Muffin	Milk, Wheat, Egg, Soy
Wednesday 1	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
	Pasta W/ Marinara & Cheese	Wheat, Egg, Milk, Tomato
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Summer Corn & Tomato Pasta Salad	Wheat, Milk, Soy, Tomato
Thursday 2	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Mac And Cheese	Wheat, Milk
	Farmers Market Egg Salad W/ Roll	Wheat, Egg, Soy, Milk
	Beef Fajita Wrap	Wheat, Milk, Beef, Tomato, Egg
Friday 3	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Chicken Salad On A Hoagie	Chicken, Egg, Milk, Wheat
Monday 6	Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy
	Cheeseburger	Beef, Milk, Wheat, Soy
	Broccoli Cheddar Potato Bowl W/ Roll	Wheat, Milk, Soy, Egg
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
Tuesday 7	Beef Hot Dog	Wheat, Beef, Soy
	Pasta W/ Butter & Cheese	Wheat, Milk
	Bagel Kit	Wheat, Milk
	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
Wednesday 8	Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Spaghetti W/ Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Bean And Cheese Burrito	Milk, Wheat, Soy
	Chicken Bacon Ranch Salad W/ Roll	Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
Thursday 9	Chicken Nuggets W/ Rice Pilaf	Chicken, Soy, Wheat, Milk, Egg
	Cheese Ravioli W/ Marinara	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Wheat, Egg, Fish, Soy
	Picnic Box	Milk, Wheat, Turkey, Soy
Friday 10	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Asian Chicken Wrap	Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad	Chicken, Milk, Tomato, Soy, Egg
Monday 13	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Red Beans & Rice	Tomato

UNIVERSITY PREPERATORY ACADEMY
 CHARTER HIGH SCHOOL
MARCH

BULK LUNCH K-8
2022 23



Date	Menu Item	Allergens
Tuesday 14	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Minestrone Soup W/ Roll	Tomato, Wheat, Soy, Milk, Egg
	Bagel Kit	Wheat, Milk
Wednesday 15	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
	Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Farmers Market Chk Salad,Roll	Wheat, Soy, Egg, Milk, Chicken
Thursday 16	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bbq Chicken Quesadilla	Wheat, Milk, Tomato, Chicken, Soy
	Mac And Cheese	Wheat, Milk
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
Friday 17	Egg Salad Sandwich	Wheat, Soy, Egg, Milk
	Turkey And Cheddar Sandwich	Wheat, Milk, Turkey, Soy
	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
Monday 20	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Beef Fajita Bowl	Beef
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
Tuesday 21	Chicken Fajita Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Wheat, Milk
	Beef Hot Dog	Wheat, Beef, Soy
	Cheese Ravioli W/ Marinara	Egg, Milk, Wheat, Tomato
Wednesday 22	Turkey & Cheese On Dutch Crunch	Turkey, Wheat, Milk
	Hamburger	Beef, Wheat, Soy
	Cheese Quesadilla	Wheat, Milk
	Chicken Salad On A Hoagie	Chicken, Egg, Milk, Wheat
Thursday 23	Big Kahuna Tuna Wrap	Wheat, Soy, Egg, Milk, Fish
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
	Chicken Nuggets W/ Butter & Cheese Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame
	South Of The Bordr Chili&Chips	Veg Milk, Tomato
Friday 24	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken Wrap	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
Monday 27	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey
	Picnic Box	Milk, Wheat, Turkey, Soy
	Greek Chicken & Rice Pilaf	Chicken

UNIVERSITY PREPERATORY ACADEMY
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MARCH

BULK LUNCH K-8
2022 23



Date	Menu Item	Allergens
Tuesday 28	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
	Mr. Mike's Bbq Chicken Sandwic	Chicken, Wheat, Soy, Milk, Tomato
Wednesday 29	Bean And Cheese Burrito	Milk, Wheat, Soy
	Yogurt Berry Parfait & Muffin	Wheat, Egg, Milk, Soy
	Chicken Calzone	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame
	Pasta W/ Marinara & Cheese	Wheat, Egg, Milk, Tomato
Thursday 30	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Pesto Caprece Salad	Wheat, Milk, Tomato
	Turkey And Cheddar On A Hoagie	Wheat, Milk, Turkey
	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
Friday 31	Mac And Cheese	Wheat, Milk
	Farmers Market Egg Salad W/ Roll	Wheat, Egg, Soy, Milk
	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey

UNIVERSITY PREPERATORY ACADEMY
 CHARTER HIGH SCHOOL
MARCH

BREAKFAST K-12
2022 23



Date	Menu Item	Allergens
Monday 27	French Toast Sandwich	Wheat, Soy, Egg, Milk, Pork, Beef, Turkey
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Tuesday 28	Breakfast Bowl W/ Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Wednesday 1	Pancakes & Syrup	Wheat, Milk, Egg, Soy
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Thursday 2	Egg & Cheese Burrito	Wheat, Soy, Egg, Milk
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Friday 3	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
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Monday 6	Cheddar Cheese Bagel	Wheat, Soy, Milk
	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Tuesday 7	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Wednesday 8	Scrambled Eggs W/ Muffin	Egg, Milk, Soy, Wheat, Egg
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Thursday 9	Chicken Patty Biscuit	Wheat, Soy, Milk, Chicken
	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Friday 10	French Toast Sticks	Wheat, Soy, Egg, Milk
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Beef
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Monday 13	Pancakes & Syrup	Wheat, Milk, Egg, Soy
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Tuesday 14	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	String Cheese W/ Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Wednesday 15	Sausage Biscuit Sandwich	Wheat, Soy, Milk, Pork, Beef, Turkey
	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef

UNIVERSITY PREPERATORY ACADEMY
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MARCH

BREAKFAST K-12
2022 23



Date	Menu Item	Allergens
Thursday 16	Breakfast Bowl W/ Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Friday 17	Blueberry Crumble	Wheat, Soy, Egg, Milk
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
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Monday 20	Scrambled Eggs W/ Muffin	Egg, Milk, Soy, Wheat, Egg
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Tuesday 21	Turkey Sausage On A Bun	Wheat, Soy, Egg, Milk, Pork, Beef, Turkey
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Wednesday 22	Sausage, Egg & Cheese Burrito	Wheat, Soy, Egg, Milk, Pork, Beef, Turkey
	String Cheese W/ Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Thursday 23	Chicken Patty Biscuit	Wheat, Soy, Milk, Chicken
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Friday 24	French Toast Sticks	Wheat, Soy, Egg, Milk
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Beef
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Monday 27	French Toast Sandwich	Wheat, Soy, Egg, Milk, Pork, Beef, Turkey
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Tuesday 28	Breakfast Bowl W/ Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Breakfast Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Wednesday 29	Pancakes & Syrup	Wheat, Milk, Egg, Soy
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Thursday 30	Egg & Cheese Burrito	Wheat, Soy, Egg, Milk
	Breakfast Scone	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef
Friday 31	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	Cheesy Cornbread Muffin	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Beef

UNIVERSITY PREPERATORY ACADEMY
 CHARTER HIGH SCHOOL
MARCH

Vegan / Gluten
 Free



Date	Menu Item		Allergens
Monday 27	Vegan Black Bean Burrito Bowl	V	Tomato, Soy
Tuesday 28	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Wednesday 1	Vegan Indian Chickpeas W/ Rice	V	Tomato, Soy
Thursday 2	Vegan Three Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Friday 3	Myo Vegan Tacos	V	Soy
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Monday 6	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 7	Vegan Spanish Beans W/ Rice		Tomato, Soy
Wednesday 8	Vegan Fried Rice	V	Soy, Sesame
Thursday 9	Vegan Black Bean Burrito Bowl	V	Tomato, Soy
Friday 10	Vegan Three Bean Chili W/ Tortilla Chips	V	Tomato, Soy
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Monday 13	Myo Vegan Tacos	V	Soy
Tuesday 14	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Wednesday 15	Vegan Spanish Beans W/ Rice		Tomato, Soy
Thursday 16	Vegan Fried Rice	V	Soy, Sesame
Friday 17	Vegan Indian Chickpeas W/ Rice	V	Tomato, Soy
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Monday 20	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 21	Myo Vegan Tacos	V	Soy
Wednesday 22	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Thursday 23	Vegan Spanish Beans W/ Rice		Tomato, Soy
Friday 24	Vegan Fried Rice	V	Soy, Sesame
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Monday 27	Vegan Spanish Beans W/ Rice		Tomato, Soy
Tuesday 28	Vegan Black Bean Burrito Bowl	V	Tomato, Soy
Wednesday 29	Vegan Indian Chickpeas W/ Rice	V	Tomato, Soy
Thursday 30	Vegan Three Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Friday 31	Myo Vegan Tacos	V	Soy