



*Eat locally.
Impact globally.*

Lafayette Prep Lunch Menu • September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/4 NO SCHOOL Labor Day	9/5 Beef Nachos <i>L</i> <i>(OR: Tofu Nachos) V L</i> Refried Beans Corn and Tomato Salsa Homemade Applesauce <i>L</i>	9/6 Roast Beef Sandwich <i>L</i> <i>(OR: Veggie Sandwich) V L</i> Ranch Potato Wedges with Ketchup Banana	9/7 Creamy Mac and Cheese <i>V L</i> Roasted Cauliflower Fresh Grapes Oatmeal Raisin Cookie	9/8 Cinnamon French Toast with Syrup <i>V L</i> Scrambled Eggs <i>L</i> Sweet Potato Coins 100% Orange Juice
9/11 Grilled Cheese Sandwich <i>V L</i> Baked Beans Corn Coblette <i>L</i> Fresh Pear Slices	9/12 Broccoli Cheddar Soup <i>V L</i> Wheat Roll <i>L</i> Baby Carrots Fresh Apple Slices	9/13 Santa Fe Wrap with Chicken <i>(OR: Santa Fe Wrap with Tofu) V L</i> Green Salad with Ranch Dressing <i>L</i> Banana	9/14 Chili Mac <i>L</i> <i>(OR: Veggie Chili Mac) V L</i> over Whole Wheat Spaghetti Sautéed Zucchini Fresh Orange Slices Monster Cookie	9/15 Breakfast Platter with Scrambled Eggs, Wheat Toast, and Turkey Sausage <i>L</i> <i>(OR: Yogurt) V L</i> Roasted Potato Wedges 100% Orange Juice
9/18 Beef Tacos <i>L</i> <i>(OR: Tofu Tacos) V L</i> with Corn Tortillas Lettuce & Homemade Salsa <i>L</i> Refried Beans Fresh Pineapple	9/19 White Chicken Chili <i>(OR: Vegetarian Soup) V</i> Homemade Cornbread Veggie Dippers with Hummus Fresh Orange Slices	9/20 Jamaican Jerk Chicken <i>L</i> <i>(OR: Jerk Tofu) V L</i> Wheat Roll <i>L</i> Roasted Sweet Potato Coins Fresh Fruit Salad	9/21 Tomato Basil Pasta <i>V</i> Green Salad with Ranch Dressing <i>L</i> Homemade Applesauce <i>L</i> Chocolate Chip Cookie	9/22 Ham* and Cheese Frittata <i>L</i> <i>(OR: Cheese Frittata) V L</i> Wheat Toast with Jelly <i>L</i> Home Fries 100% Orange Juice
9/25 Chicken Teriyaki <i>(OR: Tofu Teriyaki) V L</i> Brown Rice Cucumber Coins with Ranch Dressing <i>L</i> Fresh Orange Slices	9/26 Chicken Tortilla Soup <i>L</i> <i>(OR: Vegetarian Soup) V</i> Corn Tortilla Chips with Homemade Salsa <i>L</i> Fresh Fruit Salad	9/27 Baked Chicken Tenders <i>L</i> <i>(OR: Tofu Tenders) V L</i> Honey Mustard Dip <i>L</i> Wheat Roll <i>L</i> Seasoned Broccoli Fresh Apple Slices	9/28 Penne with Marinara <i>V L</i> Mozzarella Cheese Cubes Green Salad with Ranch Dressing <i>L</i> Banana Cranberry Chocolate Cookie	9/29 NO SCHOOL

V = Vegetarian Entrée (all side items are vegetarian) • L = Locally Grown or Raised • * = Contains Pork

Milk is provided with all meals—student's choice of 1% or soy

Nearly all items are made from scratch in our kitchen. Menu items are subject to change due to seasonality or product availability.