

2023

August

COLUMBUS PREP Plant-Based LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16 WALKING TACO Cheese Burrito Corn Peaches 85g/97g	17 WG Pizza Slice Mixed Green Salad + Carrots Apple 78g/90g	18 Chix Wrap Sweet Potatoes Fries Mixed Fruit 83g/95g	19	20
21 Mac & Cheese + Broccoli WG Bread Slice Tropical Fruit 86g/98g	22 WALKING TACO Cheese Burrito Corn Peaches 85g/97g	23 BBQ Chicken Sandwich Mixed Veggies Mixed Fruit 71g/83g	24 WG Pizza Slice Mixed Green Salad + Carrots Apple 78g/90g	25 Grilled Cheese Sweet Potato Fries Tropical Fruit 98g/110g	26	27
28 Spaghetti w/ Pasta Sauce Broccoli + WG Roll Pears 74g/86g	29 WALKING TACO Cheese Burrito Corn Peaches 85g/97g	30 Vegan Chix Nuggets Mashed Potatoes WG Rolls Orange Slices 74g/86g	31 WG Pizza Slice Mixed Green Salad + Carrots Apple 78g/90g	01	02	03
04	05	Notes: Milk is included with lunch. Choose from 1% White (12g) or Fat Free Chocolate Milk (24g). Menus are subject to change due to availability of foods or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. Caterers: Eden Spice - A Division Of Figs Cafe & Bakery Contact: Theresa Barnes 937.239.1453 or Sam Barnes 937.238.2510				