

VEGAN DIET

AUGUST 2026



WEEK 1	AUGUST 17	AUGUST 18	AUGUST 19	AUGUST 20	AUGUST 21
BREAKFAST	Toast w/ Jelly, Applesauce Cup, Fortified Soy Milk, Assorted Jelly	Breakfast Pizza w/ DF Cheese, CHEF Warm Apple Crisp, Fortified Soy Milk	Biscuit w/ Plant-Based Sausage, Fresh Orange Wedges, Fortified Soy Milk	CHEF Spiced Pear Oatmeal, Tropical Fruit Medley, Fortified Soy Milk	Vegan Cereal, Fresh Banana, Fortified Soy Milk
LUNCH	DF Fettuccine Alfredo w/ White Beans, Italian Seasoned Broccoli, Diced Peaches, Fortified Soy Milk	Zesty Orange Tofu, Asian Brown Rice, Pineapple Tidbits, Fortified Soy Milk	Warm Black Bean Enchiladas, Seasoned Spanish Rice, CHEF Fiesta Corn, Fruit Cocktail, Fortified Soy Milk	BBQ Jackfruit & White Beans w/ DF Mac, Steamed Broccoli Florets, Fresh Crisp Apple, Fortified Soy Milk	Hummus & Veggie Panini w/ CHEF Farm Fresh Tomato Soup, Tropical Fruit Cup, Fortified Soy Milk
SNACK	CHEF Garden Hummus, WG Crackers	Soy Vanilla Yogurt, Tiger Bites	Strawberry Applesauce Cup, CHEF Dairy-Free Trail Mix	CHEF Dairy-Free Tzatziki Dip, Fresh Baby Carrots	WG Dairy-Free Crackers, 100% Apple Juice
EXTENDED DAY SNACK	DF Yogurt, Diced Pears	CHEF DF Cheese Dip Soft WG Tortilla, quartered	Diced Peaches, WG Soft Pretzel Sticks	CHEF DF Ranchy Dip, Steamed Broccoli Florets	WG Dairy-Free Crackers, Fruit Cocktail

Menu ingredients subject to change based on availability and/or *holiday.

Pre-K 4 SA is an equal opportunity provider.

VEGAN DIET

AUGUST 2026



WEEK 2	AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28
BREAKFAST	Waffles, Applesauce Cup, Fortified Soy Milk, Syrup	Savory Tofu Scramble w/ Toast, CHEF Warm Pear Crisp, Fortified Soy Milk	Biscuit w/ Plant-Based Tender, Fresh Orange Wedges, Fortified Soy Milk	Pancakes w/ Plant-Based Sausage, Tropical Fruit Medley, Fortified Soy Milk	Vegan Cereal, Fresh Banana, Fortified Soy Milk
LUNCH	Baked Ziti w/ Lentil Bolognese, Peas & Carrots, Diced Peaches, Fortified Soy Milk	Tofu Bulgogi Stir-fry, Asian Brown Rice, Fresh Banana, Fortified Soy Milk	Bean Tamales w/ DF Cheese, CHEF Calabacitas, CHEF Fiesta Corn, Fruit Cocktail, Fortified Soy Milk	CHEF Black Bean Burger, Seasoned Sweet Potato Fries Burger Trimmings, Fresh Crisp Apple, Fortified Soy Milk	CHEF Farm Fresh Shirazi Salad w/ Crispy Chickpeas Pita Bites, Tropical Fruit Cup, Fortified Soy Milk
SNACK	CHEF Hummus & Veggie Roll-Up, Fresh Celery Sticks	Fresh Crisp Apple, Dairy-Free Graham Bear	Fresh Banana, Soy Yogurt	CHEF Chocolate Hummus, Caramel Rice Cakes	CHEF "Ants on a Log" W/ Sunbutter, Fresh Celery Sticks, and Raisins
EXTENDED DAY SNACK	CHEF Veggie Roll-Up, cut in pieces, Cucumber Spears	CHEF Herbed DF Dip, Soft-Cooked Carrot Coins	CHEF DF Tzatziki Dip, Soft Rounded WG Crackers	Bean Dip Cup Soft WG Tortilla, quartered	Soy Yogurt, Mandarin Orange Cup

Menu ingredients subject to change based on availability and/or *holiday.

Pre-K 4 SA is an equal opportunity provider.

VEGAN DIET



AUGUST 2026



WEEK 3	AUGUST 31				
BREAKFAST	Blueberry Vegan Muffin, Applesauce Cup, Fortified Soy Milk				
LUNCH	Tofu Ricotta Lasagna Bake, Tuscan-Style Veggie Medley, Diced Peaches, Fortified Soy Milk				
SNACK	Soy Yogurt, WG Honey-Free Granola				
EXTENDED DAY SNACK	Shredded DF Cheddar Cheese, WG Soft Pretzel Sticks				

Menu ingredients subject to change based on availability and/or *holiday.

Pre-K 4 SA is an equal opportunity provider.