Meatless Monday or Lean & Green Day
Sample Menu Options

**Week 1**
Zesty Orange Beyond Chicken with Noodles or Brown Rice
Big Bad Bean Burrito
Mediterranean Flatbread

**Week 2**
Mighty Pasta Marinara with Chickpeas
Blazin’ Buffalo Wrap (using Beyond Meat chicken; modify flavor for elementary if necessary)
PBJ Uncrustable

**Week 3**
Popeye Pasta Bake (Herbed Tofu Pasta Bake)
Tijuana Taco Pizza
BBQ Rib Sandwich (Advance Pierre veggie variety)

**Week 4**
Fiesta Rice Bowl with Tortilla Chips
Pumped Up Pasta Bake with Garlic Toast
PBJ Uncrustable

**Week 5**
Protein-Packed Two Bean Chili with Tortilla Chips
(Scratch recipe, JTM Chili Verde or Truitt Brothers Veggie Chili)
Nutty Noodles
Super Sloppy Joe Sandwich

**Week 6**
Vegetable Noodle Stir-Fry
Crunchy Tacos (using Beyond Meat crumbles)
Big Bad Bean Burrito

**Week 7**
Super Sloppy Joe Sandwich
Radical Rice & Bean Enchiladas or Baja Bean Fajitas
PBJ Sandwich

**Week 8**
Beyond Chicken Tender Wrap
Wonderful White Beans & Greens with Rice
Super Burger (pre-made veggie burger or scratch recipe)