

SUN

MON

TUES

WED

THURS

FRI

SAT

B Board Meeting
New Co-op Deals & Double Deal Tues!
Case Preorders Due
Thirsty Thursday 4-6PM
HOME FOOTBALL GAME

MEMBER APPRECIATION
Member-Owners and Student Discount Program SAVE 5-15% on one shopping trip SEPTEMBER 2026. Learn more >>>wheatsfield.coop/savings

ng made w/o gluten
vgt vegetarian
vgn vegan

1 **SAVE!** 
Beef Tacos **ng**
Veggie Tacos **vgn ng**
Mexican Rice **vgn ng**
Veg of the Day **vgn ng**

2 **LEARN**
GRAD RESEARCH NIGHT, COMMUNITY ROOM, 6-7:30PM
BBQ Chicken Breasts **ng**
BBQ Tofu **vgn ng**
Texas Style Beans **vgn ng**
Brown Rice **vgn ng**

3
Penne Chicken Andouille
Creole Beans **vgn ng**
Veg of the Day **vgn ng**

4 
TINY DECK
6-7:30PM: CENTRAL IOWA JAZZ TRIO
Shoyu Chicken **ng**
Butternut Curry **vgn ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

5 
Chef's Choice **vgn ng**

6
Chef's Choice **vgn ng**

7
HAPPY LABOR DAY! OPEN REGULAR HOURS, 8AM-8PM
Sweet Sour Chicken **ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

8 **LEARN**
CLASS, RSVP! DIY HERBAL LIP BALM, 5:30-7PM
Mongolian Chicken **ng**
Hunan Broc Tofu **vgn ng**
White Rice **vgn ng**
Veg of the Day **vgn ng**

9
Cheesy Chicken Rice **ng**
Tofu Butternut Stew **vgn ng**
Herb Potatoes **vgn ng**
Veg of the Day **vgn ng**

10 
Meat & Cheese Lasagna
Tempeh Goulash **vgn ng**
Braised Greens **vgn ng**
Veg of the Day **vgn ng**

11
Amchar Coconut Masala
Chicken Breasts **ng**
Two Bean Curry **vgn ng**
Yellow Rice **vgn ng**
Veg of the Day **vgn ng**

12
SEPTEMBER APPRECIATION CELEBRATION! 10AM-2PM
Chef's Choice **vgn ng**

13 **SOUPS DAILY** 
Chef's Choice **vgn ng**

14
Chicken A La-King **ng**
Columbian Lentils **vgn ng**
Veg of the Day **vgn ng**

15 **SAVE!** 
Chicken Enchiladas **ng**
Grn Enchilada Pie **vgt ng**
MBeans & Rice **vgn ng**
Veg of the Day **vgn ng**

16 **B**
Swedish Meatballs
Mashed Potatoes **vgt ng**
Tofu Red Sauce **vgn ng**
Veg of the Day **vgn ng**

17 
MUSIC WALK with STORY COUNTY LINE 5-8PM, CO-OP DECK
Lemon Dill Chicken **ng**
Veggie Bake **vgn ng**
Roasted Yams **vgn ng**
Veg of the Day **vgn ng**

18
Pork Chile Verde **ng**
Cilantro Ginger Tofu **vgt ng**
Cilantro Pea Rice **vgn ng**
Veg of the Day **vgn ng**

19 
Chef's Choice **vgn ng**

20
Chef's Choice **vgn ng**

21
Chicken Gumbo **ng**
Tofu Gumbo **vgn ng**
Brown Rice **vgn ng**
Veg of the Day **vgn ng**

22
Beef Tacos **ng**
Veggie Tacos **vgn ng**
Mexican Rice **vgn ng**
Veg of the Day **vgn ng**

23
BBQ Chicken Breasts **ng**
BBQ Tofu **vgn ng**
Texas Style Beans **vgn ng**
Brown Rice **vgn ng**

24 
CLASS 3 SISTERS TRADITIONAL PRESERVATION 5:30-7PM, RSVP
Penne Chicken Andouille
Creole Beans **vgn ng**
Veg of the Day **vgn ng**

25
Shoyu Chicken **ng**
Butternut Curry **vgn ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

26 **HOUSE MADE** 
Chef's Choice **vgn ng**

27
Chef's Choice **vgn ng**

28
Sweet Sour Chicken **ng**
Sweet Sour Veggies **ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

29 **SAVE!** 
Mongolian Chicken **ng**
Hunan Broc Tofu **vgn ng**
White Rice **vgn ng**
Veg of the Day **vgn ng**

30 **NEW MEMBER ORIENTATION 5:30-6PM** **RSVP**
Cheesy Chicken Rice **ng**
Tofu Butternut Stew **vgn ng**
Herb Potatoes **vgn ng**
Veg of the Day **vgn ng**

SEP

CO-OP EVENTS & DELI MENU
subject to change

