



JANUARY 2018: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	New York Thursday 4	5
Pasta Fagioli Warm Dinner Roll Seasoned Wedge Fries <u>Salad Bar</u> Green Garden Salad	Red, White and Green Panini Orange Glazed Carrots Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	Braised Black Beans with Plantains Served with Rice Hot Confetti Corn <u>Salad Bar</u> Spinach & Cranberry Salad	Asian Style Crunchy Tofu Sesame Lo-Mein Noodles Vegetable Egg Roll with Duck Sauce <u>Salad Bar</u> Asian Slaw Fresh New York Apples	Classic Cheese Pizza Margherita Pizza Fresh Tomatoes Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
8	9	10	New York Thursday 11	12
Super Hero Spinach Wrap Sweet Potato Waffle Fries <u>Salad Bar</u> Broccoli and Cranberry Salad	Vegetarian Chili Warm Taco Boat Served with Rice and Salsa Sweet Plantains <u>Salad Bar</u> Carrot & Lemon Salad	Zucchini Parmigiana Served with Whole Grain Pasta Broccoli Trees <u>Salad Bar</u> Fresh Cilantro Slaw	Black Bean Quesadillas Served with Salsa Hot Confetti Corn Roasted Zucchini <u>Salad Bar</u> Kale Salad Fresh New York Apples	Classic Cheese Pizza Veggie Pizza Fresh Tomatoes & Onions Chickpea Salad Green Garden Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
Martin Luther King Day 15	16	17	New York Thursday 18	19
Toasted Cheese and Tomato Bagel Seasoned Wedge Fries <u>Salad Bar</u> Italian Classico Salad	Roasted Chickpea Tagine Warm Dinner Roll Sweet Potato Wedge Fries Sweet Plantains <u>Salad Bar</u> Caesar Salad	"Super Chef" Casserole A Delicious Blend of Mashed Potatoes, Cheese, & Beans Buttermilk Biscuit Broccoli Trees <u>Salad Bar</u> Confetti Corn Salad	Cheesy Baked Rotini Parmigiana Roasted Cauliflower <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Cold Bean Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
22	23	24	New York Thursday 25	26
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29	30	31		

OFFERED DAILY				
<u>Entree Alternatives</u> • PB&J Sandwich • Cheese Sandwich • Hummus Grab & Go • 8 oz. Yogurt Grab & Go	<u>Milk</u> 1% Low-fat Fat Free Fat Free Chocolate Pre-K - 8 Vegetarian Lunch Menu	<u>Seasonal Fresh Fruit</u> Apples, Oranges, Bananas, Pears No Artificial flavors, colors, or sweeteners in all SchoolFood Products	<u>Homemade Dressings</u> Balsamic Vinaigrette Caesar Italian Vinaigrette	<u>Flavor Station</u> Granulated Garlic Red Pepper Flakes Parmesan Cheese

ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK