

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	Red, White and	Braised Black Beans	Asian Style	Classic Cheese Pizza
	Green Panini	with Plantains Served with Rice	Crunchy Tofu Sesame Lo-Mein Noodles	Marabarita Dizza
Warm Dinner Roll		Serveu with Nice	Sesame Lo-Mem Moodles	Margherita Pizza Fresh Tomatoes
	Orange Glazed Carrots		Vegetable Egg Roll	
Seasoned Wedge Fries	Crunchy Carrot Sticks	Hot Confetti Corn	with Duck Sauce	Chickpea Salad Kid Friendly Kale Salad
- Conconculation go i inco	Granony Garrot Gliono		Salad Bar	Tad Friendly Tale Galda
<u>Salad Bar</u> Green Garden Salad	<u>Salad Bar</u> Greek Zucchini Salad	Spinach & Cranberry Salad	Asian Slaw	<u>Salad Bar</u> Fresh Marinated
Green Garden Salad	Greek Zucchini Salau	Spiriacii & Granberry Salau	Fresh New York Apples	Vegetable Salad
8	9	10	New York Thursday 11	12
Super Hero	Vegetarian Chili	Zucchini Parmigiana	Black Bean Quesadillas	Classic Cheese Pizza
Spinach Wrap	Warm Taco Boat	Served with	Served with Salsa	
	Served with Rice	Whole Grain Pasta		Veggie Pizza Fresh Tomatoes
	and Salsa		Hot Confetti Corn	& Onions
Sweet Potato Waffle Fries	Sweet Plantains	Broccoli Trees	Roasted Zucchini	Chickpea Salad
			Salad Bar	Green Garden Salad
Salad Bar Broccoli and Cranberry Salad	<u>Salad Bar</u> Carrot & Lemon Salad	<u>Salad Bar</u> Fresh Cilantro Slaw	Kale Salad Fresh New York Apples	Salad Bar
Broccoli and Cranberry Salad	ound a comon outda	1 10011 Ollaria Olaw	Troom ton Tonk Appleo	Italian Marinated
				Cucumber Salad
Martin Luther King Day 15 Toasted Cheese and	Deceted Chiefman	"Super Chaf"	New York Thursday 18	Classic Cheese Pizza
Tomato Bagel	Roasted Chickpea Tagine	"Super Chef" Casserole	Cheesy Baked Rotini	Classic Cheese Pizza
	Warm Dinner Roll	A Delicious Blend of Mashed		Bruschetta Pizza Fresh Tomatoes
Seasoned Wedge Fries	Warm Dinner Roll	Potatoes, Cheese, & Beans	Parmigiana Roasted	& Onions
	Sweet Potato Wedge Fries Sweet Plantains	Buttermilk Biscuit	Cauliflower	Cold Bean Salad
Salad Bar	Oweet Flantains	Broccoli Trees	Salad Bar	Cold Bealt Calad
Italian Classico Salad	<u>Salad Bar</u> Caesar Salad	Salad Bar	Celery & Apple Salad New York Apple Slices	<u>Salad Bar</u> Roasted Broccoli
	Guodai Guida	Confetti Corn Salad	New Tork Apple Slices	& Cauliflower Salad
22	23	24	New York Thursday 25	26
Pasta Fagioli	Red, White and	Braised Black Beans	Asian Style	Classic Cheese Pizza
	Green Panini	with Plantains Served with Rice	Crunchy Tofu Sesame Lo-Mein Noodles	Margherita Pizza
Warm Dinner Roll		Gerved with race	Ocsame Lo-Mem Noodies	Fresh Tomatoes
	Orange Glazed Carrots	Hot Confetti Corn	Vegetable Egg Roll with Duck Sauce	Chieknes Salad
Seasoned Wedge Fries	Crunchy Carrot Sticks	not cometti com	Willi Duck Sauce	Chickpea Salad Kid Friendly Kale Salad
Salad Bar	Salad Bar	Salad Bar	<u>Salad Bar</u> Asian Slaw	Salad Bar
Green Garden Salad	Greek Zucchini Salad	Spinach & Cranberry Salad	Fresh New York Apples	Fresh Marinated
				Vegetable Salad
29	30	31		
Super Hero Spinach Wrap	Vegetarian Chili Warm Taco Boat	Zucchini Parmigiana Served with	CE ROLL	
Эршаси чиар	Walli Taco Boat	Whole Grain Pasta		
	Served with Rice and Salsa			
Sweet Potato Waffle Fries	and Jaisa		Waste Color	
	Sweet Plantains	Broccoli Trees	EVERY THURSDAY WE'RE	
Salad Bar	Salad Bar	Salad Bar	PROUDLY CELEBRATING	
Broccoli and Cranberry Salad	Carrot & Lemon Salad	Fresh Cilantro Slaw	LOCALLY SOURCED & PRODUCED FOOD	
		OFFERED DAILY		
Entree Alternatives	<u>Milk</u>			
PB&J SandwichCheese Sandwich	1% Low-fat	Seasonal Fresh Fruit	Homemade Dressings	Flavor Station
oncese Gandwich	Fat Free	Apples, Oranges,		

- Hummus Grab & Go
- 8 oz. Yogurt Grab & Go

Fat Free **Fat Free Chocolate**

Pre-K - 8 **Vegetarian Lunch Menu** Apples, Oranges, Bananas, Pears

No Artificial flavors, colors, or sweeteners in all **SchoolFood Products**

Balsamic Vinaigrette Caesar **Italian Vinaigrette**

Granulated Garlic Red Pepper Flakes Parmesan Cheese

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK





