



NOVEMBER 2016: K-8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p style="text-align: center;">Red, White and Green Panini</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Potato Waffle Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Greek Zucchini Salad</p>	<p style="text-align: center;">Teriyaki Crunchy Tofu</p> <p style="text-align: center;">Sesame Lo-Mein</p> <p style="text-align: center;"><u>Eat Your Colors</u> Stir Fry Vegetables</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad</p>	<p style="text-align: center;">New York Thursday</p> <p style="text-align: center;">Falafel-Rito</p> <p style="text-align: center;"><u>Eat Your Colors</u> Seasoned Wedge Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Kale Salad NY Apples/ Apple Slices</p>	<p style="text-align: center;">Pizza Slice Veggie Pizza</p> <p style="text-align: center;"><u>Eat Your Colors</u> Cold Bean Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Cucumber Salad</p>
7	8	9	10	11
<p style="text-align: center;">Pasta Fagioli Whole Wheat Dinner Roll</p> <p style="text-align: center;"><u>Eat Your Colors</u> Broccoli</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad</p>	<p style="text-align: center;">Election Day</p> <p style="text-align: center;">Super Hero Spinach Wrap</p> <p style="text-align: center;"><u>Eat Your Colors</u> Chickpea Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Spinach, Tomato & Roasted Pepper Salad</p>	<p style="text-align: center;">Stewed Lentils Served with Rice</p> <p style="text-align: center;">Buttermilk Biscuit</p> <p style="text-align: center;"><u>Eat Your Colors</u> Roasted Zucchini</p> <p style="text-align: center;"><u>Salad Bar</u> Celery & Apple Salad</p>	<p style="text-align: center;">New York Thursday</p> <p style="text-align: center;">Mexicali Chili Warm Taco Boat Served with Rice and Salsa</p> <p style="text-align: center;"><u>Eat Your Colors</u> Confetti Corn</p> <p style="text-align: center;"><u>Salad Bar</u> Kale Salad NY Apples/ Apple Slices</p>	<p style="text-align: center;">Veteran's Day</p> <p style="text-align: center;">Pizza Slice Bruschetta Pizza</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Potato Wedges</p> <p style="text-align: center;"><u>Salad Bar</u> Broccoli Salad</p>
14	15	16	17	18
<p style="text-align: center;">Cheese Ravioli Whole Wheat Dinner Roll</p> <p style="text-align: center;"><u>Eat Your Colors</u> Super Hero Spinach</p> <p style="text-align: center;"><u>Salad Bar</u> Sliced Cucumbers</p>	<p style="text-align: center;">Red, White and Green Panini</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Potato Waffle Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad</p>	<p style="text-align: center;">Vegetarian Chili Warm Taco Boat Served with Rice and Salsa</p> <p style="text-align: center;"><u>Eat Your Colors</u> Confetti Corn</p> <p style="text-align: center;"><u>Salad Bar</u> Fresh Cilantro Slaw</p>	<p style="text-align: center;">New York Thursday</p> <p style="text-align: center;">Lentil Sloppy Joe</p> <p style="text-align: center;"><u>Eat Your Colors</u> Cucumber Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Celery & Apple Salad NY Apples/ Apple Slices</p>	<p style="text-align: center;">Pizza Slice Veggie Pizza</p> <p style="text-align: center;"><u>Eat Your Colors</u> Cold Bean Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Kale Salad</p>
21	22	23	24	25
<p style="text-align: center;">Pasta Fagioli Whole Wheat Dinner Roll</p> <p style="text-align: center;"><u>Eat Your Colors</u> Broccoli</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad</p>	<p style="text-align: center;">Veggie Quesadillas Served with Salsa</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Potato Wedges</p> <p style="text-align: center;"><u>Salad Bar</u> Cucumber Salad</p>	<p style="text-align: center;">Braised Black Beans Served with Rice</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Plantains</p> <p style="text-align: center;"><u>Salad Bar</u> Fresh Cilantro Slaw</p>	<p style="text-align: center;">Thanksgiving Recess</p> <p style="text-align: center;">Zesty BBQ Crunchy Tofu Corn Bread</p> <p style="text-align: center;"><u>Eat Your Colors</u> Roasted Zucchini Mashed Potatoes</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad NY Apples/ Apple Slices</p>	<p style="text-align: center;">Thanksgiving Recess</p> <p style="text-align: center;">Pizza Slice Bruschetta Pizza</p> <p style="text-align: center;"><u>Eat Your Colors</u> Chickpea Salad</p> <p style="text-align: center;"><u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad</p>
28	29	30		
<p style="text-align: center;">Cheese Baked Rotini Whole Wheat Dinner Roll</p> <p style="text-align: center;"><u>Eat Your Colors</u> Super Hero Spinach</p> <p style="text-align: center;"><u>Salad Bar</u> Sliced Cucumbers</p>	<p style="text-align: center;">Red, White and Green Panini</p> <p style="text-align: center;"><u>Eat Your Colors</u> Sweet Potato Waffle Fries</p> <p style="text-align: center;"><u>Salad Bar</u> Greek Zucchini Salad</p>	<p style="text-align: center;">Teriyaki Crunchy Tofu</p> <p style="text-align: center;">Sesame Lo-Mein</p> <p style="text-align: center;"><u>Eat Your Colors</u> Stir Fry Vegetables</p> <p style="text-align: center;"><u>Salad Bar</u> Spring Mix Salad</p>	 <p style="text-align: center;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, Cold Cheese and Classic Grilled Cheese Sandwiches, Hummus & Pretzel Grab & Go
Flavor Station: Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano
Condiments: Ketchup, Mustard, Hot Sauce
Homemade Dressings: Balsamic Vinaigrette, Caesar, Honey Mustard, Italian Vinaigrette

K to 8 Vegetarian Lunch Menu



MENUS ARE SUBJECT TO CHANGE