



APRIL 2017: K-8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta Fagioli Whole Wheat Dinner Roll <u>Eat Your Colors</u> Broccoli <u>Salad Bar</u> Spring Mix Salad	4 Super Hero Spinach Wrap <u>Eat Your Colors</u> Chickpea Salad <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad	5 Stewed Lentils Served with Rice Buttermilk Biscuit <u>Eat Your Colors</u> Roasted Zucchini <u>Salad Bar</u> Celery & Apple Salad	New York Thursday 6 Mexicali Chili Warm Taco Boat Served with Rice and Salsa <u>Eat Your Colors</u> Confetti Corn <u>Salad Bar</u> Kale Salad NY Apples	7 Classic Cheese Flatbread Pizza <u>Eat Your Colors</u> Ranch Carrot Snackers <u>Salad Bar</u> Broccoli Salad
Spring Recess 10 Spinach & Cheese Ravioli Warm Dinner Roll <u>Eat Your Colors</u> Super Hero Spinach <u>Salad Bar</u> Sliced Cucumbers	Spring Recess 11 Red, White and Green Panini <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Spring Mix Salad	Spring Recess 12 Vegetarian Chili Warm Taco Boat Served with Rice and Salsa <u>Eat Your Colors</u> Confetti Corn <u>Salad Bar</u> Fresh Cilantro Slaw	Spring Recess 13 Lentil Sloppy Joe on a warm bun <u>Eat Your Colors</u> Cucumber Salad <u>Salad Bar</u> Celery & Apple Salad Champlain Valley NY Apple Slices	Spring Recess 14 Classic Cheese Flatbread Pizza <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Kale Salad
Spring Recess 17 Pasta Fagioli Warm Dinner Roll <u>Eat Your Colors</u> Broccoli <u>Salad Bar</u> Spring Mix Salad	Spring Recess 18 Red, White and Green Panini <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Greek Zucchini Salad	19 Braised Black Beans with Plantains Served with Rice <u>Eat Your Colors</u> Sweet Plantains <u>Salad Bar</u> Fresh Cilantro Slaw	New York Thursday 20 Zesty BBQ Crunchy Tofu Corn Bread <u>Eat Your Colors</u> Mashed Potatoes <u>Salad Bar</u> Spring Mix Salad NY Apples	21 Spinach & Cheese Ravioli Warm Dinner Roll <u>Eat Your Colors</u> Chickpea Salad <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad
24 Cheese Baked Rotini Whole Wheat Dinner Roll <u>Eat Your Colors</u> Super Hero Spinach <u>Salad Bar</u> Sliced Cucumbers	25 Veggie Quesadillas Served with Salsa <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Cucumber Salad New York Apple Slices	26 Teriyaki Crunchy Tofu Served with Rice <u>Eat Your Colors</u> Stir Fry Vegetables <u>Salad Bar</u> Spring Mix Salad	New York Thursday 27 Falafel-Rito <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Kale Salad Champlain Valley NY Apple Slices	28 Classic Cheese Flatbread Pizza <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Cucumber Salad

EVERY KID HEALTHY™
 April 24-28 is Every Kid Healthy week

EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

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

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