



APRIL 2017: K-8 Vegetarian Lunch Menu

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

EVERY KID HEALTHYTM
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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MENUS ARE SUBJECT TO CHANGE