



SEPTEMBER 2017: Pre-K 3 - Grade 8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 4	5	6	First Day of Classes 7	8
Turkey Carnitas Burrito Brown Rice Green Garden Salad <u>Salad Bar</u> Broccoli & Cranberry Salad	100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Wedge Fries <u>Salad Bar</u> Carrot & Lemon Salad	Hot Sliced Turkey with Gravy Warm Corn Bread Mashed Potatoes Garlicky Green Beans <u>Salad Bar</u> Confetti Corn Salad	Vegetarian Chili with Rice and Salsa Roasted Zucchini Corn on the Cob <u>Salad Bar</u> Kale Salad Fresh New York Apples	French Bread Pizza Veggie Pizza Seasoned Pinto Beans Kid Friendly Kale Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
11	12	13	New York Thursday 14	15
Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	French Bread Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
18	19	20	Rosh Hashanah 21	Rosh Hashanah 22
Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	"Super Chef" Shepard's Pie A Delicious Blend of Mashed Potatoes, Turkey, Cheese, Warm Dinner Roll Broccoli Trees <u>Salad Bar</u> Spinach & Cranberry Salad	Chef Salad Garlic Knot Classic Tuna on Ciabatta Bread Seasoned Wedge Fries <u>Salad Bar</u> Celery & Apple Salad Fresh New York Apples	French Bread Pizza Margherita Pizza Roasted Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
25	26	27	New York Thursday 28	29
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			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

<p>Entree Alternatives</p> <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • Plain Turkey Sandwich • Hummus Grab & Go • Cheese & Tomato with Fresh Fruit Grab & Go 	<p>Milk</p> <p>1% Low-fat Fat Free Fat Free Chocolate</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Oranges, Bananas, Pears</p> <p style="color: yellow; font-size: small;">No Artificial flavors, colors, or sweeteners in all SchoolFood Products</p>	<p>Homemade Dressings</p> <p>Balsamic Vinaigrette Caesar Italian Vinaigrette</p>	<p>Pizza and Pasta Flavor Station</p> <p>Granulated Garlic Red Pepper Flakes Parmesan Cheese</p> <p style="font-size: small; text-align: right;">Pre-K 3 - Grade 8 Alternative Lunch Menu</p>
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