



OCTOBER 2017: Pre-K - 8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	3 Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	4 Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	New York Thursday 5 Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	6 Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
9 Columbus Day Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	10 100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	11 "Super Chef" Shepherd's Pie A Delicious Blend of Mashed Potatoes, Turkey, Cheese, Warm Dinner Roll Broccoli Trees <u>Salad Bar</u> Spinach & Cranberry Salad	New York Thursday 12 Chef Salad Garlic Knot Classic Tuna on Ciabatta Bread Seasoned Wedge Fries <u>Salad Bar</u> Celery & Apple Salad Fresh New York Apples	13 Classic Cheese Pizza Margherita Pizza Roasted Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
16 Turkey Carnitas Burrito Brown Rice Green Garden Salad <u>Salad Bar</u> Broccoli & Cranberry Salad	17 Vegetarian Chili with Rice and Salsa Roasted Zucchini Corn on the Cob <u>Salad Bar</u> Carrot & Lemon Salad	18 Hot Sliced Turkey with Gravy Warm Corn Bread Mashed Potatoes Garlicky Green Beans <u>Salad Bar</u> Confetti Corn Salad	New York Thursday 19 100% New York Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Sweet Plantains <u>Salad Bar</u> Kale Salad Fresh New York Apples	20 Classic Cheese Pizza Veggie Pizza Seasoned Pinto Beans Kid Friendly Kale Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
23 Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	24 Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	25 Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	New York Thursday 26 Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	27 Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
30 Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	31 Happy Halloween 100% Beef Mushroom Swiss Cheeseburger Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

OFFERED DAILY			
Entree Alternatives • PB&J Sandwich • Cheese Sandwich • Plain Turkey Sandwich • Hummus Grab & Go • Cheese & Tomato with Fresh Fruit Grab & Go	Milk 1% Low-fat Fat Free Fat Free Chocolate	Seasonal Fresh Fruit Apples, Oranges, Bananas, Pears No Artificial flavors, colors, or sweeteners in all SchoolFood Products	Homemade Dressings Balsamic Vinaigrette Caesar Italian Vinaigrette
			Pizza and Pasta Flavor Station Granulated Garlic Red Pepper Flakes Parmesan Cheese
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK