



NOVEMBER 2017: Pre-K - 8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 "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	2 New York Thursday Chef Salad Garlic Knot Classic Tuna on Ciabatta Bread Seasoned Wedge Fries <u>Salad Bar</u> Celery & Apple Salad Fresh New York Apples	3 Classic Cheese Pizza Margherita Pizza Roasted Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
6 Turkey Carnitas Burrito Brown Rice Green Garden Salad <u>Salad Bar</u> Broccoli & Cranberry Salad	7 Election Day 100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Wedge Fries <u>Salad Bar</u> Carrot & Lemon Salad	8 Hot Sliced Turkey with Gravy Warm Corn Bread Mashed Potatoes Garlicky Green Beans <u>Salad Bar</u> Confetti Corn Salad	9 New York Thursday Vegetarian Chili with Rice and Salsa Roasted Zucchini Corn on the Cob <u>Salad Bar</u> Kale Salad Fresh New York Apples	10 Classic Cheese Pizza Veggie Pizza Seasoned Pinto Beans Kid Friendly Kale Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
13 Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	14 Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	15 Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	16 Half Day K-8 Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	17 Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
20 Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	21 100% Beef Pizza Burger Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	22 "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	23 Thanksgiving Break Chef Salad Garlic Knot Classic Tuna on Ciabatta Bread Seasoned Wedge Fries <u>Salad Bar</u> Celery & Apple Salad Fresh New York Apples	24 Thanksgiving Break Classic Cheese Pizza Margherita Pizza Roasted Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
27 Turkey Carnitas Burrito Brown Rice Green Garden Salad <u>Salad Bar</u> Broccoli & Cranberry Salad	28 100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Wedge Fries <u>Salad Bar</u> Carrot & Lemon Salad	29 Hot Sliced Turkey with Gravy Warm Corn Bread Mashed Potatoes Garlicky Green Beans <u>Salad Bar</u> Confetti Corn Salad	30 New York Thursday Vegetarian Chili with Rice and Salsa Roasted Zucchini Corn on the Cob <u>Salad Bar</u> Kale Salad Fresh New York Apples	 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

Flavor Station

- Granulated Garlic
- Red Pepper Flakes
- Parmesan Cheese

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ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU