




## OCTOBER 2017: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	New York Thursday 5	6
<b>Toasted Cheese and Tomato Bagel</b>  <b>Seasoned Wedge Fries</b>  <u>Salad Bar</u> Italian Classico Salad	<b>Roasted Chickpea Tagine</b>  <b>Warm Dinner Roll</b>  <b>Sweet Potato Wedge Fries</b> <b>Sweet Plantains</b>  <u>Salad Bar</u> Caesar Salad	<b>"Super Chef" Casserole</b> A Delicious Blend of Mashed Potatoes, Cheese, & Beans  <b>Buttermilk Biscuit</b>  <b>Broccoli Trees</b>  <u>Salad Bar</u> Confetti Corn Salad	<b>Cheesy Baked Rotini</b>  <b>Parmigiana Roasted Cauliflower</b>  <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	<b>Classic Cheese Pizza</b>  <b>Bruschetta Pizza</b> Fresh Tomatoes & Onions  <b>Cold Bean Salad</b>  <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
Columbus Day 9	10	11	New York Thursday 12	13
<b>Pasta Fagioli</b>  <b>Warm Dinner Roll</b>  <b>Seasoned Wedge Fries</b>  <u>Salad Bar</u> Green Garden Salad	<b>Red, White and Green Panini</b>  <b>Orange Glazed Carrots</b>  <b>Crunchy Carrot Sticks</b>  <u>Salad Bar</u> Greek Zucchini Salad	<b>Braised Black Beans with Plantains</b> Served with Rice  <b>Hot Confetti Corn</b>  <u>Salad Bar</u> Spinach & Cranberry Salad	<b>Asian Style Crunchy Tofu</b> Sesame Lo-Mein Noodles  <b>Vegetable Egg Roll</b> with Duck Sauce  <u>Salad Bar</u> Asian Slaw Fresh New York Apples	<b>Classic Cheese Pizza</b>  <b>Margherita Pizza</b> Fresh Tomatoes  <b>Chickpea Salad</b> Kid Friendly Kale Salad  <u>Salad Bar</u> Fresh Marinated Vegetable Salad
16	17	18	New York Thursday 19	20
<b>Super Hero Spinach Wrap</b>  <b>Sweet Potato Waffle Fries</b>  <u>Salad Bar</u> Broccoli and Cranberry Salad	<b>Vegetarian Chili</b> Warm Taco Boat  Served with Rice and Salsa  <b>Sweet Plantains</b>  <u>Salad Bar</u> Carrot & Lemon Salad	<b>Zucchini Parmigiana</b> Served with Whole Grain Pasta  <b>Broccoli Trees</b>  <u>Salad Bar</u> Fresh Cilantro Slaw	<b>Black Bean Quesadillas</b> Served with Salsa  <b>Hot Confetti Corn</b> Roasted Zucchini  <u>Salad Bar</u> Kale Salad Fresh New York Apples	<b>Classic Cheese Pizza</b>  <b>Veggie Pizza</b> Fresh Tomatoes & Onions  <b>Chickpea Salad</b> Green Garden Salad  <u>Salad Bar</u> Italian Marinated Cucumber Salad
23	24	25	New York Thursday 26	27
<b>Toasted Cheese and Tomato Bagel</b>  <b>Seasoned Wedge Fries</b>  <u>Salad Bar</u> Italian Classico Salad	<b>Roasted Chickpea Tagine</b>  <b>Warm Dinner Roll</b>  <b>Sweet Potato Wedge Fries</b> <b>Sweet Plantains</b>  <u>Salad Bar</u> Caesar Salad	<b>"Super Chef" Casserole</b> A Delicious Blend of Mashed Potatoes, Cheese, & Beans  <b>Buttermilk Biscuit</b>  <b>Broccoli Trees</b>  <u>Salad Bar</u> Confetti Corn Salad	<b>Cheesy Baked Rotini</b>  <b>Parmigiana Roasted Cauliflower</b>  <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	<b>Classic Cheese Pizza</b>  <b>Bruschetta Pizza</b> Fresh Tomatoes & Onions  <b>Cold Bean Salad</b>  <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
30	Happy Halloween 31			
<b>Pasta Fagioli</b>  <b>Warm Dinner Roll</b>  <b>Seasoned Wedge Fries</b>  <u>Salad Bar</u> Green Garden Salad	<b>Red, White and Green Panini</b>  <b>Orange Glazed Carrots</b>  <b>Crunchy Carrot Sticks</b>  <u>Salad Bar</u> Greek Zucchini Salad		  EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

<b>OFFERED DAILY</b>				
<b>Entree Alternatives</b> • PB&J Sandwich • Cheese Sandwich • Hummus Grab & Go • 8 oz. Yogurt Grab & Go	<b>Milk</b> 1% Low-fat Fat Free Fat Free Chocolate  Pre-K - 8 Vegetarian Lunch Menu	<b>Seasonal Fresh Fruit</b> Apples, Oranges, Bananas, Pears  No Artificial flavors, colors, or sweeteners in all SchoolFood Products	<b>Homemade Dressings</b>  Balsamic Vinaigrette Caesar Italian Vinaigrette	<b>Pizza and Pasta Flavor Station</b>  Granulated Garlic Red Pepper Flakes Parmesan Cheese

**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK