



NOVEMBER 2017: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	New York Thursday 2	3
		Braised Black Beans with Plantains Served with Rice Hot Confetti Corn <u>Salad Bar</u> Spinach & Cranberry Salad	Asian Style Crunchy Tofu Sesame Lo-Mein Noodles Vegetable Egg Roll with Duck Sauce <u>Salad Bar</u> Asian Slaw Fresh New York Apples	Classic Cheese Pizza Margherita Pizza Fresh Tomatoes Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
6	Election Day 7	8	New York Thursday 9	10
Super Hero Spinach Wrap Sweet Potato Waffle Fries <u>Salad Bar</u> Broccoli and Cranberry Salad	Vegetarian Chili Warm Taco Boat Served with Rice and Salsa Sweet Plantains <u>Salad Bar</u> Carrot & Lemon Salad	Zucchini Parmigiana Served with Whole Grain Pasta Broccoli Trees <u>Salad Bar</u> Fresh Cilantro Slaw	Black Bean Quesadillas Served with Salsa Hot Confetti Corn Roasted Zucchini <u>Salad Bar</u> Kale Salad Fresh New York Apples	Classic Cheese Pizza Veggie Pizza Fresh Tomatoes & Onions Chickpea Salad Green Garden Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
13	14	15	Half Day K-8 16	17
Toasted Cheese and Tomato Bagel Seasoned Wedge Fries <u>Salad Bar</u> Italian Classico Salad	Roasted Chickpea Tagine Warm Dinner Roll Sweet Potato Wedge Fries Sweet Plantains <u>Salad Bar</u> Caesar Salad	"Super Chef" Casserole A Delicious Blend of Mashed Potatoes, Cheese, & Beans Buttermilk Biscuit Broccoli Trees <u>Salad Bar</u> Confetti Corn Salad	Cheesy Baked Rotini Parmigiana Roasted Cauliflower <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Cold Bean Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
20	21	22	Thanksgiving Break 23	Thanksgiving Break 24
Pasta Fagioli Warm Dinner Roll Seasoned Wedge Fries <u>Salad Bar</u> Green Garden Salad	Red, White and Green Panini Orange Glazed Carrots Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	Braised Black Beans with Plantains Served with Rice Hot Confetti Corn <u>Salad Bar</u> Spinach & Cranberry Salad	Asian Style Crunchy Tofu Sesame Lo-Mein Noodles Vegetable Egg Roll with Duck Sauce <u>Salad Bar</u> Asian Slaw Fresh New York Apples	Classic Cheese Pizza Margherita Pizza Fresh Tomatoes Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
27	28	29	New York Thursday 30	
Super Hero Spinach Wrap Sweet Potato Waffle Fries <u>Salad Bar</u> Broccoli and Cranberry Salad	Vegetarian Chili Warm Taco Boat Served with Rice and Salsa Sweet Plantains <u>Salad Bar</u> Carrot & Lemon Salad	Zucchini Parmigiana Served with Whole Grain Pasta Broccoli Trees <u>Salad Bar</u> Fresh Cilantro Slaw	Black Bean Quesadillas Served with Salsa Hot Confetti Corn Roasted Zucchini <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
- Hummus Grab & Go
- 8 oz. Yogurt Grab & Go

Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

Pre-K - 8
Vegetarian Lunch Menu

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

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU