



NOVEMBER 2017: Pre-K - 8 Vegetarian Lunch Menu

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

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