



MAY 2018: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>FRESH ATTITUDE WEEK 7-11 May 2018</p> <p>Fruit and Veg from France Interiel URBAN SCHOOL FOOD ALLIANCE</p>	1	2	New York Thursday 3	4	
	Roasted Chickpea Tagine	Cheesy Bread Marinara Sauce	Braised Black Beans with Plantains Served with Rice	Classic Cheese Pizza	
	Warm Dinner Roll	Broccoli Trees	Seasoned Wedge Fries	Pesto Pizza Fresh Basil & Tomatoes	
	Sweet Potato Wedge Fries	Green Garden Salad	New York Cookie Treat	Garlic Knot	
	Sweet Plantains <u>Salad Bar</u> Caesar Salad	<u>Salad Bar</u> Carrot & Lemon Salad	<u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	White Bean Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad	
	7	8	9	New York Thursday 10	11

Fresh Attitude Week

Featured Salad	Featured Salad	Featured Salad	Featured Salad	Featured Salad
<u>Green Garden Salad</u>	<u>Greek Zucchini Salad</u>	<u>Spinach & Cranberry Salad</u>	<u>Healthy Cole Slaw</u>	<u>Fresh Marinated Vegetable Salad</u>
Mexicali Chili with Rice and Salsa	Black Bean Quesadilla with Rice and Salsa	"Super Chef" Veggie Shepherd's Pie A Delicious Blend of Mashed Potatoes, Beans & Cheese	Tofu Burrito With Cheese and Salsa	Classic Cheese Pizza
Honey Corn Muffin	Seasoned Wedge Fries	Garlicky Green Beans	Served With Rice	Margherita Pizza
Sweet Plantains	Spring Mix Salad	Warm Dinner Roll	Sweet Potato Waffle Fries	Garlic Knot
14	15	16	New York Thursday 17	18
Baked Penne	Vegetarian Chili	Zucchini Parmigiana Served with Whole Grain Pasta	Spinach and Mozzarella Quesadilla with Tomatoes with Rice and Salsa	Classic Cheese Pizza
Garlic Toast	Served with Rice and Salsa	Kale Caesar Salad	Stewed Pinto Beans	Veggie Pizza
Roasted Zucchini	Sweet Plantains	Seasoned Wedge Fries	<u>Salad Bar</u> Kale Salad Fresh New York Apples	Green Garden Salad
<u>Salad Bar</u> Broccoli and Cranberry Salad	Baked! Tostitos® Scoops® <u>Salad Bar</u> Fresh Cilantro Slaw	<u>Salad Bar</u> Confetti Corn Salad		<u>Salad Bar</u> Italian Marinated Cucumber Salad
21	22	23	New York Thursday 24	25
Crunchy Tofu with Korean BBQ Sauce	Roasted Chickpea Tagine	Cheesy Bread Marinara Sauce	Braised Black Beans with Plantains Served with Rice	Classic Cheese Pizza
Vegetable Fried Rice	Warm Dinner Roll	Broccoli Trees	Seasoned Wedge Fries	Pesto Pizza Fresh Basil & Tomatoes
Vegetable Egg Roll with Duck Sauce	Sweet Potato Wedge Fries	Green Garden Salad	New York Cookie Treat	Garlic Knot
<u>Salad Bar</u> Italian Classico Salad	Sweet Plantains <u>Salad Bar</u> Caesar Salad	<u>Salad Bar</u> Carrot & Lemon Salad	<u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Chickpea Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
Memorial Day 28	29	30	New York Thursday 31	
Mexicali Chili with Rice and Salsa	Black Bean Quesadilla with Rice and Salsa	"Super Chef" Veggie Shepherd's Pie A Delicious Blend of Mashed Potatoes, Beans & Cheese	Tofu Burrito With Cheese and Salsa	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>
Honey Corn Muffin	Seasoned Wedge Fries	Garlicky Green Beans	Served With Rice	
Sweet Plantains	Spring Mix Salad	Warm Dinner Roll	Sweet Potato Waffle Fries	
<u>Salad Bar</u> Green Garden Salad	<u>Salad Bar</u> Greek Zucchini Salad	<u>Salad Bar</u> Spinach & Cranberry Salad	<u>Salad Bar</u> Healthy Cole Slaw Fresh New York Apples	

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

Fresh Fruit

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

Pre-K - 8
Vegetarian Lunch Menu



**MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD MENUS ARE PORK FREE**