



## JANUARY 2019: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Winter Recess 1		New York Thursday 3	
	<b>Vegetarian Chili</b> Served with Rice and Salsa  <b>Sweet Plantains</b>  <b>Baked! Tostitos® Scoops®</b>  <i>Salad Bar</i> Taco Station	<b>Zucchini Parmigiana</b> Served with <b>Pasta Choice</b>  <b>Bruschetta Tomato Salad</b>  <b>Roasted Carrots</b>  <i>Salad Bar</i> Traditional	<b>Spinach and Mozzarella Quesadilla</b> With Tomatoes & Salsa  <b>Healthy Cole Slaw</b>  <b>Fresh New York Apples</b>  <b>New York Cookie Treat</b>  <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b>  <b>Veggie Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Crispy Baked Kale</b>  <i>Salad Bar</i> Pizza Toppings
7	8	9	New York Thursday 10	11
<b>Baked Penne</b>  <b>Garlic Toast</b>  <b>Broccoli Trees</b>  <i>Salad Bar</i> Garden Greens	<b>Black Bean Quesadilla</b> With Salsa  <b>Hot Confetti Corn</b>  <b>Sweet Potato Waffle Fries</b>  <i>Salad Bar</i> Taco Station	<b>Personal Pesto Flatbread Pizza</b>  <b>Bruschetta Tomato Salad</b>  <i>Salad Bar</i> Traditional	<b>Asian Style Crunchy Tofu</b> Sesame Lo-Mein Noodles  <b>Vegetable Egg Roll</b> with Duck Sauce  <b>New York Cookie Treat</b>  <b>Fresh New York Apples</b>  <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b>  <b>Margherita Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Creamed Spinach</b>  <b>Roasted Chickpeas with Spinach Cilantro Pesto</b>  <i>Salad Bar</i> Pizza Toppings
14	15	16	New York Thursday 17	18
<b>Veggie Tacos</b> A Blend of Veggies & <b>Mexicali Beans</b> Served in a Hard Taco Shell  <b>Sweet Plantains</b>  <b>Honey Corn Muffin</b>  <i>Salad Bar</i> Taco Station	<b>Roasted Chickpea Tagine</b>  <b>Warm Dinner Roll</b>  <b>Sweet Potato Wedge Fries</b>  <i>Salad Bar</i> Traditional	<b>Spicy Tofu &amp; Bean Burrito</b> with Salsa  <b>Home Fries</b>  <b>Hot Confetti Corn</b>  <i>Salad Bar</i> Taco Station	<b>Pasta Fagioli</b>  <b>Roasted Zucchini</b>  <b>New York Cookie Treat</b>  <b>New York Apple Slices</b>  <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b>  <b>Pesto Pizza</b> Fresh Basil & Tomatoes  <b>Garlic Knot</b> Marinara Sauce  <b>Marinated Bean Salad</b>  <i>Salad Bar</i> Pizza Toppings
Martin Luther King Day 21	22	23	New York Thursday 24	25
<b>Toasted Cheese &amp; Tomato Bagel</b>  <b>Seasoned Wedge Fries</b>  <b>Stewed Pinto Beans</b>  <i>Salad Bar</i> Garden Greens	<b>Vegetarian Chili</b> Served with Rice and Salsa  <b>Sweet Plantains</b>  <b>Baked! Tostitos® Scoops®</b>  <i>Salad Bar</i> Taco Station	<b>Zucchini Parmigiana</b> Served with <b>Pasta Choice</b>  <b>Bruschetta Tomato Salad</b>  <b>Roasted Carrots</b>  <i>Salad Bar</i> Traditional	<b>Spinach and Mozzarella Quesadilla</b> With Tomatoes & Salsa  <b>Healthy Cole Slaw</b>  <b>Fresh New York Apples</b>  <b>New York Cookie Treat</b>  <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b>  <b>Veggie Pizza</b>  <b>Garlic Knot</b> Marinara Sauce  <b>Crispy Baked Kale</b>  <i>Salad Bar</i> Pizza Toppings
28	29	30	New York Thursday 31	
<b>Baked Penne</b>  <b>Garlic Toast</b>  <b>Broccoli Trees</b>  <i>Salad Bar</i> Garden Greens	<b>Black Bean Quesadilla</b> With Salsa  <b>Hot Confetti Corn</b>  <b>Sweet Potato Waffle Fries</b>  <i>Salad Bar</i> Taco Station	<b>Personal Pesto Flatbread Pizza</b>  <b>Bruschetta Tomato Salad</b>  <i>Salad Bar</i> Traditional	<b>Asian Style Crunchy Tofu</b> Sesame Lo-Mein Noodles  <b>Vegetable Egg Roll</b> with Duck Sauce  <b>New York Cookie Treat</b>  <b>Fresh New York Apples</b>  <i>Salad Bar</i> New York Local	  <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b>

<b>Entree Alternatives</b> <ul style="list-style-type: none"> <li>• PB&amp;J Sandwich</li> <li>• Cheese Sandwich</li> <li>• Hummus Grab &amp; Go</li> <li>• 8 oz. Yogurt Grab &amp; Go</li> <li>• Grab and Go Salads Available on Tuesday &amp; Thursday</li> </ul>		<b>Milk</b> 1% Low-fat Fat Free Fat Free Chocolate  Pre-K 3 - 8 Vegetarian Lunch Menu		<b>OFFERED DAILY</b>  <b>Fresh Fruit</b>  No Artificial flavors, colors, or sweeteners in all SchoolFood Products		<b>Homemade Dressings</b> Balsamic Vinaigrette Caesar Italian Vinaigrette		<b>Flavor Station</b> Granulated Garlic Red Pepper Flakes Parmesan Cheese	
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