



## SEPTEMBER 2018: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 3	4	First Day of Classes 5	New York Thursday 6	7
<b>Baked Penne</b> Garlic Toast Broccoli Trees <i>Salad Bar</i> Garden Greens	<b>Black Bean Quesadilla</b> With Salsa Hot Confetti Corn Sweet Potato Waffle Fries <i>Salad Bar</i> Taco Station	Personal <b>Pesto Flatbread Pizza</b> Bruschetta Tomato Salad <i>Salad Bar</i> Traditional	<b>Asian Style Crunchy Tofu</b> Sesame Lo-Mein Noodles Vegetable Egg Roll with Duck Sauce New York Cookie Treat Fresh New York Apples <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b> Margherita Pizza Garlic Knot Marinara Sauce Creamed Spinach Roasted Chickpeas with Spinach Cilantro Pesto <i>Salad Bar</i> Pizza Toppings
Rosh Hashanah 10	Rosh Hashanah 11	12	New York Thursday 13	14
<b>Veggie Tacos</b> A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell Sweet Plantains Honey Corn Muffin <i>Salad Bar</i> Taco Station	<b>Roasted Chickpea Tagine</b> Warm Dinner Roll Sweet Potato Wedge Fries <i>Salad Bar</i> Traditional	<b>Spicy Tofu &amp; Bean Burrito</b> with Salsa Home Fries Hot Confetti Corn <i>Salad Bar</i> Taco Station	<b>Pasta Fagioli</b> Roasted Zucchini New York Cookie Treat New York Apple Slices <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b> Pesto Pizza Fresh Basil & Tomatoes Garlic Knot Marinara Sauce Marinated Bean Salad <i>Salad Bar</i> Pizza Toppings
17	18	Yom Kippur 19	New York Thursday 20	21
<b>Toasted Cheese &amp; Tomato Bagel</b> Seasoned Wedge Fries Stewed Pinto Beans <i>Salad Bar</i> Garden Greens	<b>Vegetarian Chili</b> Served with Rice and Salsa Sweet Plantains Baked! Tostitos® Scoops® <i>Salad Bar</i> Taco Station	<b>Zucchini Parmigiana</b> Served with Pasta Choice Bruschetta Tomato Salad Roasted Carrots <i>Salad Bar</i> Traditional	<b>Spinach and Mozzarella Quesadilla</b> With Tomatoes & Salsa Healthy Cole Slaw Fresh New York Apples New York Cookie Treat <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b> Veggie Pizza Garlic Knot Marinara Sauce Crispy Baked Kale <i>Salad Bar</i> Pizza Toppings
24	25	26	New York Thursday 27	28
<b>Baked Penne</b> Garlic Toast Broccoli Trees <i>Salad Bar</i> Garden Greens	<b>Black Bean Quesadilla</b> With Salsa Hot Confetti Corn Sweet Potato Waffle Fries <i>Salad Bar</i> Taco Station	Personal <b>Pesto Flatbread Pizza</b> Bruschetta Tomato Salad <i>Salad Bar</i> Traditional	<b>Asian Style Crunchy Tofu</b> Sesame Lo-Mein Noodles Vegetable Egg Roll with Duck Sauce New York Cookie Treat Fresh New York Apples <i>Salad Bar</i> New York Local	<b>Classic Cheese Pizza</b> Margherita Pizza Garlic Knot Marinara Sauce Creamed Spinach Roasted Chickpeas with Spinach Cilantro Pesto <i>Salad Bar</i> Pizza Toppings
			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

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