



OCTOBER 2018: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	New York Thursday 4	5
Veggie Tacos A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell Sweet Plantains Honey Corn Muffin <i>Salad Bar</i> Taco Station	Roasted Chickpea Tagine Warm Dinner Roll Sweet Potato Wedge Fries <i>Salad Bar</i> Traditional	Spicy Tofu & Bean Burrito with Salsa Home Fries Hot Confetti Corn <i>Salad Bar</i> Taco Station	Pasta Fagioli Roasted Zucchini New York Cookie Treat New York Apple Slices <i>Salad Bar</i> New York Local	Classic Cheese Pizza Pesto Pizza Fresh Basil & Tomatoes Garlic Knot Marinara Sauce Marinated Bean Salad <i>Salad Bar</i> Pizza Toppings
Columbus Day 8	9	10	New York Thursday 11	12
Toasted Cheese & Tomato Bagel Seasoned Wedge Fries Stewed Pinto Beans <i>Salad Bar</i> Garden Greens	Vegetarian Chili Served with Rice and Salsa Sweet Plantains Baked! Tostitos® Scoops® <i>Salad Bar</i> Taco Station	Zucchini Parmigiana Served with Pasta Choice Bruschetta Tomato Salad Roasted Carrots <i>Salad Bar</i> Traditional	Spinach and Mozzarella Quesadilla With Tomatoes & Salsa Healthy Cole Slaw Fresh New York Apples New York Cookie Treat <i>Salad Bar</i> New York Local	Classic Cheese Pizza Veggie Pizza Garlic Knot Marinara Sauce Crispy Baked Kale <i>Salad Bar</i> Pizza Toppings
15	16	17	New York Thursday 18	19
Baked Penne Garlic Toast Broccoli Trees <i>Salad Bar</i> Garden Greens	Black Bean Quesadilla With Salsa Hot Confetti Corn Sweet Potato Waffle Fries <i>Salad Bar</i> Taco Station	Personal Pesto Flatbread Pizza Bruschetta Tomato Salad <i>Salad Bar</i> Traditional	Asian Style Crunchy Tofu 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	Classic Cheese Pizza Margherita Pizza Garlic Knot Marinara Sauce Creamed Spinach Roasted Chickpeas with Spinach Cilantro Pesto <i>Salad Bar</i> Pizza Toppings
22	23	24	New York Thursday 25	26
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29	30	Happy Halloween 31		
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Entree Alternatives <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • Hummus Grab & Go • 8 oz. Yogurt Grab & Go • Grab and Go Salads Available on Tuesday & Thursday 		Milk 1% Low-fat Fat Free Fat Free Chocolate Pre-K 3 - 8 Vegetarian Lunch Menu		OFFERED DAILY 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	
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