



NOVEMBER 2018: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			New York Thursday 1	2
	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>		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
5	Election Day 6	7	New York Thursday 8	9
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
Veterans Day 12	13	14	New York Thursday 15	16
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
19	20	21	Thanksgiving Day 22	Thanksgiving Break 23
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
26	27	28	New York Thursday 29	30
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

Entree Alternatives

- 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



SchoolFood
Food your mind



Department of
Education



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