




MAY 2019: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • 8 oz. Yogurt Grab & Go • Hummus Grab & Go <p>Every Tuesday & Thursday Grab & Go Salad</p>	<p>1</p> <p>(V) Black Bean Quesadilla With Salsa</p> <p>Hot Confetti Corn</p> <p>Sweet Potato Waffle Fries</p> <p><i>Salad Bar</i> Taco Station</p>	<p>2</p> <p>New York Thursday</p> <p>(V) Veggie Tacos A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell</p> <p>Sweet Plantains</p> <p>Honey Corn Muffin</p> <p><i>Salad Bar</i> Taco Station</p>	<p>3</p> <p>(V) Classic Cheese Pizza</p> <p>Margherita Pizza</p> <p>Roasted Chickpeas with Spinach Cilantro Pesto</p> <p><i>Salad Bar</i> Pizza Toppings</p>
		6	7	8

FRESH ATTITUDE WEEK MAY 6-10 2019

<p><i>Featured Grab & Go Salad</i> Italian Veggie Pasta Salad</p> <p>(V*) Vegetarian Chili Served with Rice</p> <p>Garlicky Green Beans</p> <p><i>Salad Bar</i> Taco Station</p>	<p><i>Featured Grab & Go Salad</i> Green Garden Salad</p> <p>(V) Baked Penne</p> <p>Toasted Garlic Bread</p> <p>Broccoli with Garlic & Oil</p> <p><i>Salad Bar</i> Garden Greens</p>	<p><i>Featured Grab & Go Salad</i> Southwest Black Bean Cobb Salad</p> <p>(V) Zucchini Parmigiana Served with Pasta Marinara</p> <p>Brown Sugar Carrots</p> <p><i>Salad Bar</i> Traditional</p>	<p><i>Featured Grab & Go Salad</i> Caesar Salad</p> <p>(V) Spinach & Mozzarella Quesadilla Served with Salsa</p> <p>Stewed Pinto Beans</p> <p>Hot Confetti Corn</p> <p>New York Cookie Treat</p> <p><i>Salad Bar</i> Taco Station</p>	<p><i>Featured Grab & Go Salad</i> Black Bean & Corn Salad</p> <p>(V) Classic Cheese Pizza</p> <p>Onion & Pepper Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings</p>
13	14	15	New York Thursday 16	17
<p>(V) Homemade Grilled Cheese</p> <p>Brooklyn Baked Beans</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>(V) Spicy Tofu & Bean Burrito with Salsa</p> <p>Parmesan Roasted Cauliflower</p> <p>Sweet Potato Wedge Fries</p> <p><i>Salad Bar</i> Taco Station</p>	<p>(V*) Roasted Chickpea Tagine Served with Rice</p> <p>Broccoli with Garlic & Oil</p> <p><i>Salad Bar</i> Traditional</p>	<p>(V*) Black Bean Casserole with Plantains</p> <p>Hot Confetti Corn</p> <p>Warm Biscuit</p> <p>New York Cookie Treat Fresh New York Apples <i>Salad Bar</i> New York Local</p>	<p>(V) Classic Cheese Pizza</p> <p>Vegetable Pizza</p> <p>Corn, Peas & Carrots</p> <p><i>Salad Bar</i> Pizza Toppings</p>
20	21	22	New York Thursday 23	24
<p>(V) Veggie Tacos A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell</p> <p>Sweet Plantains</p> <p>Honey Corn Muffin</p> <p><i>Salad Bar</i> Taco Station</p>	<p>(V) Personal Pesto Flatbread Pizza</p> <p>Crispy Broccoli</p> <p><i>Salad Bar</i> Traditional</p>	<p>(V) Black Bean Quesadilla With Salsa</p> <p>Hot Confetti Corn</p> <p>Sweet Potato Waffle Fries</p> <p><i>Salad Bar</i> Taco Station</p>	<p>(V) Pasta Fagioli Served with Whole Grain Pasta</p> <p>Roasted Zucchini</p> <p>New York Cookie Treat</p> <p>New York Apple Slices</p> <p><i>Salad Bar</i> New York Local</p>	<p>(V) Classic Cheese Pizza</p> <p>Margherita Pizza</p> <p>Roasted Chickpeas with Spinach Cilantro Pesto</p> <p><i>Salad Bar</i> Pizza Toppings</p>
Memorial Day 27	28	29	New York Thursday 30	31
<p>(V*) Vegetarian Chili Served with Rice</p> <p>Garlicky Green Beans</p> <p><i>Salad Bar</i> Taco Station</p>	<p>(V) Baked Penne</p> <p>Toasted Garlic Bread</p> <p>Broccoli with Garlic & Oil</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>(V) Zucchini Parmigiana Served with Pasta Marinara</p> <p>Brown Sugar Carrots</p> <p><i>Salad Bar</i> Traditional</p>	<p>(V) Spinach & Mozzarella Quesadilla Served with Salsa</p> <p>Stewed Pinto Beans</p> <p>Hot Confetti Corn</p> <p>New York Cookie Treat</p> <p><i>Salad Bar</i> Taco Station</p>	<p>(V) Classic Cheese Pizza</p> <p>Onion & Pepper Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings</p>

OFFERED DAILY

(V) Indicates Vegetarian
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Pre-K - 8
Vegetarian Lunch Menu

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