



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	New York Thursday 3	4
	Roasted Chickpea Tagine Warm Dinner Roll Sweet Potato Wedge Fries Sweet Plantains <u>Salad Bar</u> Caesar Salad	Cheesy Bread Marinara Sauce Broccoli Trees Green Garden Salad <u>Salad Bar</u> Carrot & Lemon Salad	Braised Black Beans with Plantains Served with Rice Seasoned Wedge Fries New York Cookie Treat <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Pesto Pizza Fresh Basil & Tomatoes Garlic Knot White Bean Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
7	8	9	New York Thursday 10	11

### Fresh Attitude Week

Featured Salad	Featured Salad	Featured Salad	Featured Salad	Featured Salad
<u>Green Garden Salad</u>	<u>Greek Zucchini Salad</u>	<u>Spinach &amp; Cranberry Salad</u>	<u>Healthy Cole Slaw</u>	<u>Fresh Marinated Vegetable Salad</u>
Mexicali Chili with Rice and Salsa Honey Corn Muffin Sweet Plantains	Black Bean Quesadilla with Rice and Salsa Seasoned Wedge Fries Spring Mix Salad	"Super Chef" Veggie Shepherd's Pie A Delicious Blend of Mashed Potatoes, Beans & Cheese Garlicky Green Beans Warm Dinner Roll	Tofu Burrito With Cheese and Salsa Served With Rice Sweet Potato Waffle Fries Fresh New York Apples	Classic Cheese Pizza Margherita Pizza Garlic Knot Roasted Chickpea with Basil Pesto
14	15	16	New York Thursday 17	18
Baked Penne Garlic Toast Roasted Zucchini <u>Salad Bar</u> Broccoli and Cranberry Salad	Vegetarian Chili Served with Rice and Salsa Sweet Plantains Baked! Tostitos® Scoops® <u>Salad Bar</u> Fresh Cilantro Slaw	Zucchini Parmigiana Served with Whole Grain Pasta Kale Caesar Salad Seasoned Wedge Fries <u>Salad Bar</u> Confetti Corn Salad	Spinach and Mozzarella Quesadilla with Tomatoes with Rice and Salsa Stewed Pinto Beans <u>Salad Bar</u> Kale Salad Fresh New York Apples	Classic Cheese Pizza Veggie Pizza Green Garden Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
21	22	23	New York Thursday 24	25
Crunchy Tofu with Korean BBQ Sauce Vegetable Fried Rice Vegetable Egg Roll with Duck Sauce <u>Salad Bar</u> Italian Classico Salad	Roasted Chickpea Tagine Warm Dinner Roll Sweet Potato Wedge Fries Sweet Plantains <u>Salad Bar</u> Caesar Salad	Cheesy Bread Marinara Sauce Broccoli Trees Green Garden Salad <u>Salad Bar</u> Carrot & Lemon Salad	Braised Black Beans with Plantains Served with Rice Seasoned Wedge Fries New York Cookie Treat <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Pesto Pizza Fresh Basil & Tomatoes Garlic Knot White Bean Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
Memorial Day 28	29	30	New York Thursday 31	
Mexicali Chili with Rice and Salsa Honey Corn Muffin Sweet Plantains <u>Salad Bar</u> Green Garden Salad	Black Bean Quesadilla with Rice and Salsa Seasoned Wedge Fries Spring Mix Salad <u>Salad Bar</u> Greek Zucchini Salad	"Super Chef" Veggie Shepherd's Pie A Delicious Blend of Mashed Potatoes, Beans & Cheese Garlicky Green Beans Warm Dinner Roll <u>Salad Bar</u> Spinach & Cranberry Salad	Tofu Burrito With Cheese and Salsa Served With Rice Sweet Potato Waffle Fries <u>Salad Bar</u> Healthy Cole Slaw Fresh New York Apples	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</p>

### OFFERED DAILY

#### Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Hummus Grab & Go
- 8 oz. Yogurt Grab & Go

#### Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

Pre-K - 8  
Vegetarian Lunch Menu

#### 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