



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

Monday	Tuesday	Wednesday	Thursday	Friday
Spring Recess 2	Spring Recess 3	Spring Recess 4	Spring Recess 5	Spring Recess 6
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
9	10	11	New York Thursday 12	13
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
16	17	18	New York Thursday 19	20
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	Classic Cheese Pizza  Margherita Pizza  Garlic Knot  Roasted Chickpea with Basil Pesto <u>Salad Bar</u> Fresh Marinated Vegetable Salad
23	24	25	New York Thursday 26	27
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
30				
Crunchy Tofu with Korean BBQ Sauce  Vegetable Fried Rice  Vegetable Egg Roll with Duck Sauce  <u>Salad Bar</u> Italian Classico Salad			 <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

#### 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

Pre-K - 8  
Vegetarian Lunch Menu



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