



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

Monday	Tuesday	Wednesday	Thursday	Friday
			New York Thursday 1	2
			<b>Spinach and Mozzarella Quesadilla with Tomatoes</b> with Rice and Salsa  <b>Hot Confetti Corn</b> <b>Healthy Cole Slaw</b>  <u>Salad Bar</u> <b>Kale Salad</b> <b>Fresh New York Apples</b>	<b>Classic Cheese Pizza</b>  <b>Veggie Pizza</b> Fresh Tomatoes & Onions  <b>Chickpea Salad</b>  <u>Salad Bar</u> Italian Marinated Cucumber Salad
5	6	7	New York Thursday 8	9
<b>Crunchy Tofu</b> with Korean BBQ Sauce  <b>Vegetable Fried Rice</b>  <b>Vegetable Egg Roll</b> with Duck Sauce  <u>Salad Bar</u> Italian Classico Salad	<b>Roasted Chickpea Tagine</b>  <b>Warm Dinner Roll</b>  <b>Sweet Potato Wedge Fries</b>  <b>Sweet Plantains</b> <u>Salad Bar</u> Caesar Salad	<b>Cheesy Bread</b> <b>Marinara Sauce</b>  <b>Broccoli Trees</b>  <b>Green Garden Salad</b>  <u>Salad Bar</u> Carrot & Lemon Salad	<b>Braised Black Beans</b> with <b>Plantains</b> Served with Rice  <b>Seasoned Wedge Fries</b>  <b>New York Cookie Treat</b>  <u>Salad Bar</u> <b>Celery &amp; Apple Salad</b> <b>New York Apple Slices</b>	<b>Classic Cheese Pizza</b>  <b>Pesto Pizza</b> Fresh Basil & Tomatoes  <b>Garlic Knot</b>  <b>White Bean Salad</b> <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
12	13	14	New York Thursday 15	16
<b>Mexicali Chili</b> with Rice and Salsa  <b>Honey Corn Muffin</b>  <b>Sweet Plantains</b>  <u>Salad Bar</u> Green Garden Salad	<b>Black Bean Quesadilla</b> with Rice and Salsa  <b>Seasoned Wedge Fries</b>  <b>Spring Mix Salad</b>  <u>Salad Bar</u> Greek Zucchini Salad	<b>"Super Chef"</b> <b>Veggie Shepherd's Pie</b> A Delicious Blend of Mashed Potatoes, Beans & Cheese  <b>Garlicky Green Beans</b>  <b>Warm Dinner Roll</b>  <u>Salad Bar</u> Spinach & Cranberry Salad	<b>Tofu Burrito</b> With Cheese and Salsa  <b>Served With Rice</b>  <b>Sweet Potato Waffle Fries</b>  <u>Salad Bar</u> Healthy Cole Slaw <b>Fresh New York Apples</b>	<b>Midwinter Recess</b> 16  <b>Classic Cheese Pizza</b>  <b>Margherita Pizza</b>  <b>Garlic Knot</b>  <b>Roasted Chickpea</b> with <b>Basil Pesto</b>  <u>Salad Bar</u> Fresh Marinated Vegetable Salad
19	20	21	22	23
<b>Midwinter Recess</b> 19  <b>Baked Penne</b>  <b>Garlic Toast</b>  <b>Roasted Zucchini</b>  <u>Salad Bar</u> Broccoli and Cranberry Salad	<b>Midwinter Recess</b> 20  <b>Vegetarian Chili</b> Served with Rice and Salsa  <b>Sweet Plantains</b>  <b>Baked! Tostitos® Scoops®</b>  <u>Salad Bar</u> Fresh Cilantro Slaw	<b>Midwinter Recess</b> 21  <b>Zucchini Parmigiana</b> Served with Whole Grain Pasta  <b>Kale Caesar Salad</b>  <b>Seasoned Wedge Fries</b>  <u>Salad Bar</u> Confetti Corn Salad	<b>Midwinter Recess</b> 22  <b>Spinach and Mozzarella Quesadilla with Tomatoes</b> with Rice and Salsa  <b>Stewed Pinto Beans</b>  <u>Salad Bar</u> <b>Kale Salad</b> <b>Fresh New York Apples</b>	<b>Midwinter Recess</b> 23  <b>Classic Cheese Pizza</b>  <b>Veggie Pizza</b>  <b>Green Garden Salad</b>  <u>Salad Bar</u> Italian Marinated Cucumber Salad
26	27	28	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	
<b>Crunchy Tofu</b> with Korean BBQ Sauce  <b>Vegetable Fried Rice</b>  <b>Vegetable Egg Roll</b> with Duck Sauce  <u>Salad Bar</u> Italian Classico Salad	<b>Roasted Chickpea Tagine</b>  <b>Warm Dinner Roll</b>  <b>Sweet Potato Wedge Fries</b>  <b>Sweet Plantains</b> <u>Salad Bar</u> Caesar Salad	<b>Cheesy Bread</b> <b>Marinara Sauce</b>  <b>Broccoli Trees</b>  <b>Green Garden Salad</b>  <u>Salad Bar</u> Carrot & Lemon Salad		

### 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

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Vegetarian Lunch Menu

MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD MENUS ARE PORK FREE

