



# SCHOOL LUNCH MENU


 Vermont Cabot Family Farms Collective

 Hudson Valley Fresh Dairy

 Cascon Farm Local, anti-biotic & hormone free meat, poultry & eggs

 Freshkill Farms Apples

 Applegate Natural & organic meats

 Iliamna Wild Alaskan Salmon Sustainably caught fish

 Vegetarian Meal/ Option Organic tofu, seitan or beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<b>NO SCHOOL</b> Winter Vacation			
 7 Chicken meatballs w/ tomato glaze <i>or blackbean veggie burgers</i> Pearl couscous Housemade pickles	 8 Penne w/ chickpea bolognese Haricots verts w/ organic turkey bacon & caramelized onions (veg. option without bacon) Parmesan	 9 Beef <i>or black bean</i> taquitos Southwest roasted parsnips Corn bread	 10 Chicken cutlet strips <i>or egg roll ups</i> Mashed potatoes Creamy dill cucumber salad	 11 Homemade spaghetti Os with turkey meat sauce <i>or marinara</i> Carrot sticks White beans w/ kale Vegan banana bread
 14 Tuscan penne w/ summer squash & three cheeses Spinach salad w/ shredded carrots, cherry tomatoes, vinaigrette Brioche	 15 Picadillo rolls <i>or black bean picadillo</i> Steamed rice Organic blue corn chips & guacamole	  16 Roasted turkey breast w/ gravy <i>or einkorn pasta w/ herb butter, parmesan &amp; tomato-y white beans</i> Mashed potatoes   Snow peas Chilled salmon w/ herbs	 17 Turkey sliders w/ glaze <i>or black bean veggie burgers</i> Potato rolls Roasted whipped sweet potatoes Pickles	 18 Penne w/ fennel and chicken sausage <i>or garlicky white beans</i> Hudson Valley sweet corn Cherry tomatoes Pear cardamom bread
21 <b>NO SCHOOL</b> MLK Jr Day	 22 Scallion chicken cutlet strips <i>or cheddar egg roll ups (black bean veggie burgers, vegan option)</i> Creamy smashed potatoes w/ chives Veggies & ranch dip	 23 Turkey noodle soup <i>or pasta w/ creamy kale basil pesto; white beans w/ roasted tomato &amp; basil</i> Cheddar croissants	  24 Cheesy chicken <i>or roasted veggie pockets w/ summer squash, carrots &amp; cheddar</i> Hudson Valley sweet corn	 25 Pizza bread squares Kale lentil soup Apricot oat bar
 28 Chicken breast strips <i>or corn fritters</i> Creamy veggie egg noodles w/ mushrooms, celery & onions Crunchy veggies	 29 Turkey meatballs w/ caramelized onion BBQ dip <i>or black bean veggie burgers</i> Carrot cabbage coleslaw Hudson Valley sweet corn	 30 Thai curry chicken <i>or paneer</i> Veggie not-fried rice w/ leeks Edamame pods	 31 Penne w/ tomato basil braised beef <i>or tomato basil</i> Haricots verts	