



SCHOOL LUNCH MENU


 Vermont Cabot Family Farms Collective

 Hudson Valley Fresh Dairy

 Cascun 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
			 Turkey <i>or black bean</i> taquitos Yellow rice Guacamole & organic corn chips 1	    Carrot mac & cheddar cheese Hot dogs <i>or vegan hot dogs</i> Cherry tomatoes Fruit bread 2
 Honey saffron chicken <i>or baked tofu</i> Sweet potato noodles w/ Asian veggie sauce (gluten-free) Cucumber pickles 5	 Penne w/ ricotta & butternut squash Romaine salad w/ cherry tomato & vinaigrette Croissants 6	 Chicken cutlet strips <i>or egg roll-ups</i> Red rice w/ tomato & summer squash Haricots verts 7	 Spaghetti & meatballs <i>or spinach ricotta 'meat'balls</i> Shredded carrots w/ vinaigrette Cheddar cubes 8	 Turkey meatballs w/ side of caramelized onion BBQ sauce <i>or BBQ baked beans</i> Pasta Crunchy veggies Sweet corn Vegan banana bread 9
12 NO SCHOOL Veterans Day	 Glazed turkey bacon & ricotta meatballs <i>or black bean burger bites</i> Pot pie veggies Orzo Croissants 13	 Beef <i>or seitan</i> tagliarini w/ hidden mushroom, onion & tomato Brie, crackers & strawberries 14	 Chicken <i>or baked tofu</i> w/ sweet soy sauce Edamame fried rice Haricots verts salad 15	 Egg noodles w/ roasted cauliflower & parmesan White cannellini w/ tomato & fresh basil Crunchy veggies Carrot bread 16
 Penne with turkey bolognese <i>or marinara</i> Side of parmesan Caprese salad 19	 Beef <i>or black bean</i> taquitos Yellow rice Guacamole & organic corn chips 20	NO SCHOOL Thanksgiving		
 Cheesy ditalini w/ invisible carrots, yellow squash & tomato Veggies & ranch dip 26	 Scallion pesto chicken cutlet strips <i>or egg roll-ups</i> Creamy mashed potatoes w/ chive Shredded romaine & cherry tomato salad w/ vinaigrette 27	  Beef ricotta meatballs <i>or spinach ricotta 'meat'balls</i> in marinara Chilled salmon w/ creamy dill sauce Orzo w/ peas 28	 Turkey <i>or black bean</i> taquitos Yellow rice w/ red pepper Guacamole & organic corn chips 29	 Penne with chicken sausage meatballs <i>or white beans & garlic</i> Red pepper Cucumber tomato salad Vegan banana bread 30