

SCHOOL LUNCH MENU



Vermont Cabot Family Farms Collective



Hudson Valley Fresh Dairy



Cascun Farm Local, antibiotic & hormone free meat, poultry & eggs



Freshkill Farms Apples



Applegate Natural & organic meats



Iliamna Wild Alaskan Salmon | ACME Smoked Fish



Vegetarian Meal/Option Organic tofu, seitan or beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef or black bean taquitos Yellow rice Guacamole & organic corn chips Vegan banana bread
4 Chicken cutlet strips or egg roll-ups and tomato cumin chickpeas Rainbow veggie couscous Caprese salad w/ micro basil	5 Toasted cheddar & turkey or cheddar sandwiches Homemade mixed pickles: Carrots, celery, cucumber, cauliflower Organic corn chips	6 Chicken souvlaki meatballs or grilled halloumi cheese fingers w/ roasted veggies Whole wheat pita & tzatziki dip	7 Turkey or seitan ragu w/ celery, onions & tomato Brie & organic grapes	8 Beef or black bean sliders w/ organic ketchup glaze Potato buns Pickles Lettuce
11 Turkey meatballs w/ homemade caramelized onion bbq baked beans or baked beans w/ roasted sweet potato Rainbow veggie couscous	12 Beef or seitan tagliarini w/ mushrooms, tomato & onion Kale pesto foccacia Creamy cucumber salad	13 Honey saffron chicken or tofu strips Creamy mashed potatoes Veggie sticks w/ fresh herb ranch dip	14 Salmon & cream cheese or cream cheese mini-sandwiches Pasta e ceci Sliced cucumber Vegan banana bread	NO SCHOOL Parent Teacher Conferences
18 Turkey or marinara bolognese Caprese salad w/ micro basil Brioche	19 Scallion chicken cutlet strips or buckwheat soba w/ tofu & asian sauce Grilled cheese sandwiches Veggie sticks w/ fresh herb ranch dip	20 Salmon or tofu ramen bowl: Poached wild sockeye salmon Julienne veggies Miso kombu broth (vegetarian)	21 Chicken ricotta or glazed spinach ricotta meatballs Orzo w/ kale basil pesto Carrot sticks	22 Egg noodles with braised beef or white beans w/ tomato & basil Broccoli Cranberry bread
25 Tortellini soup: Cheese tortellini, swiss chard & carrots from NY Ravioli Homemade chicken broth or vegetarian broth Pizza bread squares	26 Turkey or spinach ricotta meatballs & spaghetti Parmesan Haricots verts	27 Roasted chicken breast strips or egg roll-ups Orzo w/ creamy saffron Fava beans w/ tomatoes	28 Beef or chickpea biryani w/ savory veggies, mild Indian spices Tandoori paneer cubes Cauliflower w/ tumeric & black cumin	28 Cheesy chicken or veggie pockets w/ roasted veggies & cheddar Hudson Valley sweet corn Roasted potatoes & celery root w/ leeks