

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 | ACME Smoked Fish



Vegetarian Meal/Option Organic tofu, seitan or beans

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
				Noon Dismissal No lunch served
9 Feta & red pepper frittata Kale basil pesto Tomato cumin chickpeas Tomato cucumber & red onion salad Vinaigrette	10 Chicken cutlet strips or chickpea kabocho falafel Roasted lemon garlic potatoes Carrots & celery sticks w/ fresh herb ranch Amy's whole wheat bread	11 Penne or spinach ricotta 'meat'balls w/ marinara Parmesan Chopped romaine salad w/ cherry tomatoes Vinaigrette	12 Roasted chicken strips w/ radishes Quinoa couscous pilaf w/ chickpeas & apricots (main) Tandoori paneer cubes Sliced cucumbers w/ creamy tarragon dressing Bread	13 Turkey or black bean taquitos Yellow rice Southwest roasted parsnips Organic corn chips & fresh salsa Lemon cookie
16 Chicken souvlaki strips or baked halloumi fingers Lemon potatoes Lettuce & sliced tomato Whole wheat pita	17 Turkey bolognese or marinara w/ penne Broccoli Amy's whole wheat bread	18 Smoked salmon w/ dill, lemon & capers or toasted cheddar on potato rolls Bagels & cream cheese Creamy tomato soup Sliced cucumbers	19 Japanese chicken meatballs or teriyaki tofu strips Rice Edamame pods Homemade pickle trio: cukes, cauliflower, carrots	20 Cheesy turkey or bean pockets Bulgur fiesta salad Organic corn chips & guacamole Poached pineapple Cookie
23 Garlic chicken or veggie paella w/ onions, celery, saffron & sweet red pepper Cuban black beans Yellow saffron rice Bell peppers, jicama, olives Manchego	24 Toasted turkey & cheese sandwiches or black bean burgers Withered marble potatoes Green beans w/ shallots Pickles	25 Chicken cutlet strips or cheddar broccoli frittata Orzo w/ saffron Tomato herb salad: parsley, chive, dill Vinaigrette	26 Turkey or mushroom meatballs Caramelized onion BBQ dip Roasted whipped sweet potatoes Pickled cucumber salad w/ red onion Bread	27 Cheese tortellini w/ marinara Cauliflower w/ herbed breadcrumbs Cornichons, radishes, celery sticks Bread Gouda Cookie
30 Turkey or seitan ragu Penne Housemade apple sauce Crunchy veggies Fresh herb ranch				