



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
				 1 Chicken noodle soup <i>or</i> veggie & beans in broth Parmesean tomato foccacia Vegan banana bread
 4 Chicken cutlet strips <i>or</i> egg roll-ups Couscous and quinoa pilaf Broccoli	  5 Penne w/ tomato mascarpone sauce Parmesean Haricots verts w/ (<i>or</i> w/o) turkey bacon & caramelized onions	 6 Beef <i>or</i> black bean taquitos Corn bread Guacamole Red peppers	 7 Chicken <i>or</i> tofu souvlaki Lemon garlic potatoes Greek peas	 8 Turkey <i>or</i> seitan ragu Carrot disks White beans w/ kale Cranberry chocolate chip cookies
  11 Creamy tomato soup Cream cheese & hot smoked salmon sandwiches Curried chickpeas	 12 Beef <i>or</i> seitan tagliarini w/ mushrooms, tomato & onion Hudson Valley sweet corn Broccoli	 13 Chicken <i>or</i> tofu strips w/ fajita seasoning & bell pepper cubes Steamed rice Green beans w/ mild scallion sauce	  14 Creamy veggie pasta w/ turkey bacon <i>or</i> white beans Poached pineapple Petit pois w/ parsley	 15 Japanese chicken meatballs <i>or</i> edamame peas, Asian noodles w/ scrambled egg Carrots w/ hijiki (seaweed) Pear cardamom bread
18 NO SCHOOL Presidents Day	 19 Turkey sliders <i>or</i> black bean burger bites Potato buns Pickles Haricots verts	   20 Tandoori chicken <i>or</i> paneer Steamed rice w/ cauliflower & black cumin Chilled salmon w/ creamy curry sauce	 21 Penne with braised beef <i>or</i> white beans, tomato & basil Hudson Valley sweet corn Broccoli	 22 Scallion chicken cutlet strips <i>or</i> egg roll-ups Mashed potatoes Cucumber dill salad Apricot oat bar
  25 Chicken breast strips <i>or</i> corn fritters Creamy veggie egg noodles w/ mushrooms, celery & onions Rainbow carrots	 26 Turkey meatballs <i>or</i> black bean burger bites w/ caramelized onion BBQ dip Pearl couscous Roasted fingerling sweet potato Haricots verts	  27 Baked penne w/ marinara & two cheeses Croissants Broccoli	  28 Cheesy chicken <i>or</i> veggie pockets w/ roasted veggies & cheddar Hudson Valley sweet corn BBQ baked beans	