


SCHOOL LUNCH MENU

 Vermont Cabot Family Farms Collective

 Hudson Valley Fresh Dairy

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

 Applegate *Natural & organic meats*

 Tom Cat Bakery, LIC Bread

 NY Ravioli Pasta

 Vegetarian Meal/ Option *Organic tofu, seitan or beans*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Tuscan veggie penne Corn Apple sauce	 Turkey <i>or</i> mushroom meatballs w/ BBQ sauce & caramelized onions Broccoli Roasted whipped sweet potatoes	  Beef <i>or</i> black bean tacos Yellow rice Southwest roasted parsnips	 Chicken cutlet strips <i>or</i> beluga lentil Peas w/ parsley Quinoa couscous pilaf
  Fontina mac & cheese Kabocha squash cubes Broccoli	  Beef <i>or</i> sweet potato & black bean sliders w/ tomato glaze Cheesy potato cubes Tomato braised savoy cabbage	  Creamy pasta w/ chicken & leeks <i>or</i> white beans & leeks Corn Green beans	 Pulled turkey sliders <i>or</i> seasoned seitan w/ braised carrots Peas w/ parsley sauce Egg noodles	No School Parent-Teacher Conferences
 Chicken sausage meatballs <i>or</i> quinoa fritters Maple whipped butternut squash Orzo w/ garlic & broccoli	 Pizza squares Ribollita Tuscan soup Farro salad	 Beef <i>or</i> veggie & bean chili Corn bread Glazed carrots	 Souvlaki chicken <i>or</i> butternut squash falafel Greek peas Lemon potatoes	
21	22	23	24	25
No School Winter Break				
28	29	30	31	
No School Winter Break				