


# 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			No School Spring Break	
 5 Carrot mac & cheese Broccoli	 6 BBQ chicken strips Breadsticks Crunchy veggies BBQ tofu strips, Hudson Valley sweet corn, Roasted whipped sweet potatoes	 7 Mediterranean couscous w/ chickpeas & mire poix veggies Mozzarella pearls, English cucumbers Mushroom 'meat'balls w/ chickpeas, Couscous w/ vegetable broth, Buttered kabocha	 8 Penne w/ chickpea bolognese (on the side) Peas w/ parsley sauce	 9 Beef burgers Bun, ketchup, lettuce, pickles Black bean burger bites w/ tomato glaze, Red rice, Green beans Vegan banana bread
 12 Ramp pesto pasta Cornichon & baby carrots or Tomato cumin chickpeas	 13 Chicken nuggets Roasted sweet potatoes, Peas w/ mint Ketchup Corn fritters, Farro, Peas w/ mint	 14 Beef ricotta <i>or spinach ricotta</i> meatballs w/ marinara Orzo English cucumbers	 15 Turkey tacos, Flour tortillas Shredded cheese, Sliced tomatoes Black bean tacos, Yellow rice w/ red pepper confetti, Southwest roasted parsnips	 16 Roasted chicken w/ scallions & capers <i>or Ginger scallion rice cakes</i> Creamy mashed potatoes Broccoli Cookie
 19 Chicken teriyaki strips <i>or Teriyaki tofu strips w/ edamame peas</i> Steamed rice Broccoli <i>or</i> Ginger carrots	 20 Penne w/ marinara (on the side) Cheesy cauliflower	 21 Pulled chicken tacos Yellow rice w/ red bell pepper Tortillas, sour cream Arroz con vegetales, Seasoned black beans, Buttered kabocha	22 Pepperoni pizza w/ homemade beef pepperoni Bell peppers Cheesy bread, Tomato alphabet soup, Broccoli	 23 Bagels, Cream cheese Sliced English cucumbers Mushroom 'meat'balls w/ caramelized onion BBQ sauce, Delicata squash rings, Couscous Cookie
 26 Fontina mac & cheese w/ mild sage Peas & carrots	 27 Roasted chicken w/ thyme & porcini <i>or</i> BBQ mushroom Marble potatoes w/ herbs English cucumbers Quinoa cakes, Creamy smashed potatoes, Green beans	 28 Beef tagliarini Broccoli Seitan tagliarini, Hudson Valley sweet corn, Broccoli	 29 Turkey & cheese on brioche w/ herb butter Crunchy veggies Pulled seitan w/ carrots & celery, Corn bread, Roasted whipped sweet potatoes	 30 Penne w/ marinara (on the side) Buttered carrots Vegan banana bread