



SCHOOL LUNCH MENU

 Vermont Cabot Family Farms Collective



















 Hudson Valley Fresh Dairy

 Cascun Farm *Local, anti-biotic & 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
31	1	 2	3	4
No School Holiday/Teacher In-Service		Turkey burgers Lettuce, pickles, buns, ketchup Veg: Black bean sweet potato sliders w/ tomato glaze, Seasoned potato cubes w/ local spring onions, Buttered carrots	Pepperoni pizza Corn & veggie salad Veg: Pizza squares, Corn & veggie salad, Warm white beans w/ leeks & tomato	Brown bag lunch (menu coming!)
   7	  8	  9	 10	 11
Carrot mac & cheese Broccoli	Chicken cutlet <i>or brown rice ginger cakes</i> Creamy smashed potatoes w/ spring onions Carrots w/ lemon date sauce	Cheesy beef burrito Corn chips w/ fresh tomato salsa Veg: Bean tacos, Yellow rice w/ red pepper cubes, Green beans w/ mild scallion sauce	Pasta w/ chicken, buttered leeks & peas Parmesan Veg: White bean pasta w/ buttered leeks, Cheesy broccoli balls, Peas w/ parsley	Mediterranean turkey meatballs Chickpea couscous Cucumbers Watermelon Veg: Mushroom 'meat'balls w/ chick-peas, Pearl couscous, Buttered kabocha
 14	 15	 16	 17	18
Chicken fajitas w/ bell peppers & onions <i>or arroz con vegetables w/ seasoned black beans</i> Hudson Valley sweet corn Flour tortillas, Sour cream	Beef <i>or seitan</i> tagliarini Green beans	Chicken tenders <i>or quinoa scallion cakes</i> Orzo w/ peas & leeks Ketchup	BBQ chicken <i>or tofu</i> Corn Roasted whipped sweet potatoes Beet red velvet cake	No School Parent-Teacher Conferences
 21	 22	 23	 24	25
Chicken sausage over seasoned pearl couscous Cucumber tzatziki Zataar flatbread Edamame peas & carrots Veg: Butternut squash flax falafal, Pearl couscous, Greek peas	Beef sliders Lettuce, pickles Buns, ketchup Veg: Black bean sliders w/ tomato glaze, Steamed rice, Buttered carrot disks	Tamari chicken <i>or tofu</i> Ramen w/ miso broth, seasoned w/ kombu & Asian veggies	Pulled turkey <i>or seitan</i> w/ carrots, celery, & onion Egg noodles Broccoli	Brown bag lunch (menu coming!)