





SCHOOL LUNCH MENU

 Vermont Cabot Family Farms Collective

 Hudson Valley Fresh Dairy

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

 Freshkill Farms Apples

 Iliamna Wild Alaskan Salmon *Sustainably caught fish*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
 10 Turkey taquitos <i>or black bean taquitos</i> Soft flour tortillas Shredded lettuce & cheese Fresh salsa & Sour cream Vegan corn bread	 11 Moroccan roasted chicken w/ carrots & chickpeas <i>or couscous w/ Moroccan spiced chickpeas</i> Crunchy veggies Pearl couscous Mango lassi	 12 Pasta e ceci (<i>chickpeas in rich tomato sauce</i>) Carrot disks Brioche & cheese Fruit pairings (strawberries, grapes & figs)	 13 Japanese chicken meatballs w/ hidden mushrooms <i>or Asian mushroom quinoa 'meat'balls</i> Veggie (not)fried rice Asian pickled veggies Teriyaki sauce	 14 Braised beef <i>or white beans</i> w/ tomato & basil Egg noodles Spinach salad w carrots & cherry tomatoes Herb ranch dressing Banana bread
 17 Scallion pesto chicken cutlet strips <i>or egg roll-ups</i> Cheesy rice Romaine & shredded carrot salad Vinaigrette	 18 Beef <i>or seitan</i> tagliarini w/ hidden mushroom, onion & tomato Parmesean cheese Carrot & cucumber sticks Croissants	 19 Arroz con pollo <i>or frijoles</i> Chilled salmon w/ creamy cilantro Corn chips, salsa & sour cream Fiesta beans, corn, red pepper	 20 Pasta & potatoes w/ kale basil pesto Tomato & mozzarella salad Chickpea hummus & whole wheat pita	 21 Turkey <i>or quinoa</i> 'meat'balls w/ side of homemade BBQ dip Orzo Creamy coleslaw Vegan corn bread Strawberry banana smoothie
 24 Penne with turkey bolognese <i>or egg roll-ups sauce on the side</i> Side of parmesan Cheddar cubes Red pepper & carrot sticks Chickpea hummus	 25 Seasoned beef <i>or black bean</i> tacos Soft flour tortillas Shredded lettuce & cheese Fresh salsa & Sour cream Guacamole	 26 Miso butter roasted chicken <i>or scallion tofu</i> Asian veggie noodles Organic edamame pods Fresh fruit	 27 Carrot mac & cheddar cheese Vegan hot dogs w/ organic ketchup Crunchy veggies	 28 Glazed chicken burger bites <i>or quinoa 'meat'balls</i> Buns Sliced cheese Pickles Lettuce Tomato Sweet corn risotto Fruit bread
October 1	2	3	4	5