



OCTOBER 2017: Pre-K - 8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	3 Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	4 Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	New York Thursday 5 Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	6 Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
9 Columbus Day Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	10 100% Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad	11 "Super Chef" Shepard's Pie A Delicious Blend of Mashed Potatoes, Turkey, Cheese, Warm Dinner Roll Broccoli Trees <u>Salad Bar</u> Spinach & Cranberry Salad	New York Thursday 12 Chef Salad Garlic Knot Classic Tuna on Ciabatta Bread Seasoned Wedge Fries <u>Salad Bar</u> Celery & Apple Salad Fresh New York Apples	13 Classic Cheese Pizza Margherita Pizza Roasted Chickpea Salad Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
16 Turkey Carnitas Burrito Brown Rice Green Garden Salad <u>Salad Bar</u> Broccoli & Cranberry Salad	17 Vegetarian Chili with Rice and Salsa Roasted Zucchini Corn on the Cob <u>Salad Bar</u> Carrot & Lemon Salad	18 Hot Sliced Turkey with Gravy Warm Corn Bread Mashed Potatoes Garlicky Green Beans <u>Salad Bar</u> Confetti Corn Salad	New York Thursday 19 100% New York Beef Hamburgers & Cheeseburgers Burgers served with Lettuce, Tomato & New York Onion Sweet Plantains <u>Salad Bar</u> Kale Salad Fresh New York Apples	20 Classic Cheese Pizza Veggie Pizza Seasoned Pinto Beans Kid Friendly Kale Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
23 Black Bean Quesadilla with Rice and Salsa Confetti Corn Salad Spring Mix Salad <u>Salad Bar</u> Italian Classico Salad	24 Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Chickpea Salad Marinated Tomato Salad <u>Salad Bar</u> Caesar Salad	25 Mushroom Bolognese with Whole Grain Rotini Garlic Toast Orange Glazed Carrots <u>Salad Bar</u> Fresh Cilantro Slaw	New York Thursday 26 Seasoned Turkey Cubano Panini Italian Marinated Cucumber Salad <u>Salad Bar</u> Asian Slaw New York Apple Slices	27 Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Garlic Knot Kid Friendly Kale Salad <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
30 Red, White and Green Panini Parmigiana Roasted Cauliflower Sweet Plantains <u>Salad Bar</u> Green Garden Salad	31 Happy Halloween 100% Beef Mushroom Swiss Cheeseburger Burgers served with Lettuce, Tomato & New York Onion Crunchy Carrot Sticks <u>Salad Bar</u> Greek Zucchini Salad		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go
- Cheese & Tomato with Fresh Fruit Grab & Go

Milk

- 1% Low-fat Fat Free
- Fat Free Chocolate

OFFERED DAILY

Seasonal Fresh Fruit

- Apples, Oranges, Bananas, Pears

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

Homemade Dressings

- Balsamic Vinaigrette
- Caesar
- Italian Vinaigrette

Pizza and Pasta Flavor Station

- Granulated Garlic
- Red Pepper Flakes
- Parmesan Cheese

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ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



SchoolFood
Feed your mind



NYC Department of
Education



URBAN SCHOOL
FOOD
ALLIANCE

MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU