



SCHOOL MEALS: SAMPLE MENUS

Fall/Winter Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni & Cheese with Pureed Butternut Squash Broccoli with Roasted Red Pepper Hummus Varietal Apples	Beef Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup Sweet Potato Fries Baked Pears	Veggie Soft Taco w/ Black Beans, Cheese, and Shredded Cabbage w/ Lime Vinaigrette Roasted Purple Potatoes Oranges	Baked Cinnamon Honey Chicken Quinoa & Yam Salad Cinnamon Applesauce	Fall Harvest Picnic Turkey Slices Whole Wheat Roll Yam Fries Varietal Pears

Spring Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Stir Fry with Rice Noodles, Eggs, Onion, Celery, and Carrots Baby Bok Choy Varietal Apples	Chicken Fajitas with Grilled Bell Peppers, Onions, Leeks, and a Flour Tortilla Rhubarb Applesauce	Meat Pizza w/ Tomato Sauce, Kale, & Ground Turkey Mixed Green Salad with Herb Yogurt Dressing Varietal Pears	Cheese Sandwich w/ Lettuce on Whole Wheat Bread Coleslaw with Carrots, Cabbage, Fennel, and Mayo Rhubarb Yogurt	Spaghetti with Meat Sauce Asparagus Oranges

Summer Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Whole Wheat Roll Corn Kernels Watermelon	Taco Salad with Ground Beef, Lettuce, Tomatoes, Cheese, and House-made Corn Tortilla Chips Honeydew Melon	Hand-Made Onion, Tomato, and Cheese Pizza Spinach Salad with Honey Mustard Dressing Strawberries	Banh Mi with Chicken, Carrots, Daikon Radish, Lettuce, and Cilantro Mayo on Hoagie Roll Papaya	Orange Salmon Rice Green Bean and Potato Salad with Honey Mustard Dressing Mixed Berries

Vegetarian Fall/Winter Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Butternut Squash Macaroni & Cheese Broccoli with Roasted Red Pepper Hummus Varietal Apples	Lentil Loaf Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup Sweet Potato Fries Baked Pears	Veggie Soft Taco w/ Black Beans, Cheese, and Shredded Cabbage w/ Lime Vinaigrette Roasted Purple Potatoes Oranges	Falafel & Hummus Quinoa & Yam Salad Cinnamon Applesauce	Fall Harvest Picnic Cheese Slices Whole Wheat Roll Yam Fries Varietal Pears

Vegetarian Spring Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Stir Fry with Rice Noodles, Eggs, Onion, Celery, and Carrots Baby Bok Choy Varietal Apples	Pinto Bean Fajitas with Grilled Bell Peppers, Onions, Leeks, and a Flour Tortilla Rhubarb Applesauce	Veggie Pizza with Tomato Sauce, Kale, & Lentils Mixed Green Salad with Herb Yogurt Dressing Varietal Pears	Cheese Sandwich w/ Lettuce on Whole Wheat Bread Coleslaw with Carrots, Cabbage, Fennel, and Mayo Rhubarb Yogurt	Spaghetti with Lentils & Tomato Sauce Asparagus Oranges

Vegetarian Summer Sample Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Beans Whole Wheat Roll Corn Kernels Watermelon	Taco Salad with Black Beans, Lettuce, Tomatoes, Cheese, and House-made Corn Tortilla Chips Honeydew Melon	Hand-Made Onion, Tomato, and Cheese Pizza Spinach Salad with Honey Mustard Dressing Strawberries	Banh Mi with Provolone, Carrots, Daikon Radish, Lettuce, and Cilantro Mayo on Hoagie Roll Papaya	Hummus and Pita Green Bean and Potato Salad with Honey Mustard Dressing Mixed Berries