

Harvest of the Month:
CABBAGE

Lunch at Philip's Academy Paterson
December 17- January 11, 2019



	17	18	19	20	21
<i>Week One</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Cauliflower Mac & Cheese	Garlic & Herb Chicken Legs	Vegetable Chili Mini Corn Muffin Included Bananas	Turkey Italian Sausage	Beef Hotdogs
<i>Starch</i>	Whole Grain Elbows	Cous Cous Pilaf		Polenta	Whole Grain Bun
<i>Vegetable</i>	Garlic Spinach	Maple Carrots		Peppers, Onions & Marinara Sauce	Crudite
<i>Dessert</i>	Grapes	Ginger Spice Yogurt		Grapefruit	Apples
	24	25	26	27	28
<i>Week Two</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	No	School		Winter	Break
<i>Entrée</i>					
<i>Starch</i>					
<i>Vegetable</i>					
<i>Dessert</i>					
	31	1	2	3	4
<i>Week</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	No	School	Winter Break		
<i>Entrée</i>				Turkey Hotdogs	Turkey & Tuna Sandwiches
<i>Starch</i>				Whole Grain Bun	Whole Grain Roll & Veggie Chips
<i>Vegetable</i>				Crudite	Lettuce & Tomato
<i>Dessert</i>				Melon	Mandarins
	7	8	9	10	11
<i>Week Four</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Cheese Ravioli	Cajun Tilapia Stew	Vegetarian Tacos	Sweet & Sour Chicken	Turkey & Tuna Sandwiches
<i>Starch</i>	Included	Grits	Corn Tortillas	Brown Rice	Whole Grain Roll & Pretzels
<i>Vegetable</i>	Broccoli	Green Beans	Pico de Gallo	Pineapple, Peppers & Onions	Lettuce & Tomato
<i>Dessert</i>	Oranges	Pears	Applesauce	Plums	Oatmeal Raisin Cookies

Questions? Love something we make? Want to share a favorite dish or recipe? Email us bmedina@pacsn Newark.org

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability