

Harvest of the Month:
CORN

Lunch at Philip's Academy Paterson
September 2 - 27, 2019



	2	3	4	5	6
<i>Week One</i>	Monday	Tuesday	Wednesday	Thursday	Friday
		Beef Barley	Broccoli Cheddar	Chicken & Rice	Chef's Choice
<i>Entrée</i>	NO SCHOOL	Vegan 'Chicken' Alfredo	BBQ Chicken Legs	Veggie Tacos	Tuna & Turkey Sandwiches
<i>Starch</i>		Whole Grain Penne		Brown Rice	Corn Tortillas
<i>Vegetable</i>	LABOR DAY	Mixed Veggies	Green Beans	Lettuce & Tomato Salsa	Lettuce, Tomatoes & Veggie Chips
<i>Dessert</i>		Grapes	Applesauce	Honeydew	Peaches
	9	10	11	12	13
<i>Week Two</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	Turkey Noodle	Split Pea	Chicken Vegetable	Kale & Chickpea	Chef's Choice
<i>Entrée</i>	White Bean Chili	Garlic & Herb Chicken	Veggie Bolognese	Baked Fish Nuggets	Turkey Sausage Heroes
<i>Starch</i>	Mini Corn Muffin	WW Cous Cous	WW Spaghetti	Mashed Sweet Potatoes	WW Bun
<i>Vegetable</i>	Included	Spinach, Carrot & Cranberries	Peas	Broccoli	Peppers, Onions & Carrot Sticks
<i>Dessert</i>	Plums	Cantaloupe	WW Oatmeal Raisin Cookies	Nectarines	Pears
	16	17	18	19	20
<i>Week Three</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	Beef Pasta Fagioli	Tofu Miso	Tomato Bisque	Curry Chicken	Chef's Choice
<i>Entrée</i>	Butternut Mac & Cheese	Beef Bulgogi	Buffalo Chicken	Veg Baked Potato Bar	Pizza
<i>Starch</i>	WW Elbows	Brown Rice	Corn on the Cobb	Included	Included
<i>Vegetable</i>	Collard Greens	Kimchi	Darrell's Famous Coleslaw	Broccoli	Caesar Salad
<i>Dessert</i>	Grapes	Oranges	Yogurt w/Berries	Peaches	Whole Grain Graham Crackers
	23	24	25	26	27
<i>Week Four</i>	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Noodle	Corn & Zucchini Chowder	Minestrone	Vegan Pumpkin	Chef's Choice
<i>Entrée</i>	Vegetable Fried Rice	Turkey Meatballs	Beef Sloppy Joe	Cajun Tilapia	Tuna & Turkey Sandwiches
<i>Starch</i>	Included	WW Spaghetti	WW Bun	Grits	Whole Wheat Roll
<i>Vegetable</i>	Mixed Asian Vegetables	Green Beans	Crudite	Peppers Onions & Okra	Lettuce, Tomatoes & Pretzels
<i>Dessert</i>	Honeydew	Apples	Nectarines	September Birthday Treats	Plums

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability