

Harvest of the Month:  
**SWEET POTATOES &  
 FROZEN BLUEBERRIES**

Lunch at Philip's Academy Paterson  
 January 14- February 8, 2019



	14	15	16	17	18
<i>Week One</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Tofu & Vegetable Lo Mein	Turkey Picadillo	Honey Mustard Chicken Legs Polenta Green Beans & Tomatoes Mandarins	Vegetable Korma	Beef Burgers
<i>Starch</i>	Whole Grain Noodles	Brown Rice w/ Black Beans		Whole Wheat Garlic Naan	Whole Grain Bun
<i>Vegetable</i>	Included	Plantains		Included	Sweet Potato Fries, Lettuce & Tomato
<i>Dessert</i>	Apples	Grapefruit		Kheer (Rice Pudding)	Bananas
	21	22	23	24	25
<i>Week Two</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	<b>NO SCHOOL</b>	Broccoli Pesto	Beef Bulgogi	Vegetarian Chili	Turkey & Tuna Sandwiches
<i>Starch</i>		Whole Grain Spaghetti & Roll	Brown Rice	Whole Grain Mini Corn Muffin	Whole Grain Bun
<i>Vegetable</i>		Sundried Tomatoes	Quick Kimchi	Included	Root Veggie Chips, Lettuce & Tomato
<i>Dessert</i>		Oranges	Applesauce	Grapes	Whole Grain Lemon Blueberry Cake
	28	29	30	31	1
<i>Week Three</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Vegetable Bolognese	Mexican Beef Bowl	BBQ Pulled Chicken	Baked Fish Nuggets	Pizza
<i>Starch</i>	Whole Grain Penne	Cilantro Lime Brown Rice	Corn on the Cobb	Mashed Sweet Potatoes	Included
<i>Vegetable</i>	Mixed Vegetables	Pico de Gallo	Coleslaw	Minty Peas & Pearl Onions	Caesar's Salad
<i>Dessert</i>	Graham Crackers	Tangerines	Blueberry Smoothie	Apples	Bananas
	4	5	6	7	8
<i>Week Four</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Cauliflower Mac & Cheese	Oven 'Fried' Chicken	Baked Potato Bar	Vegetable Spring Rolls	Turkey & Tuna Sandwiches
<i>Starch</i>	Whole Grain Elbows	Whole Grain Corn Bread	Included	Included	Whole Grain Roll & Pretzels
<i>Vegetable</i>	Roasted Zucchini & Yellow Squash	Collard Greens	Broccoli	Cauliflower 'Fried' Rice	Lettuce & Tomato
<i>Dessert</i>	Grapefruit	Yogurt w/ Blueberries	Grapes	Pears	100% WW Choc Chip Cookies

Questions? Love something we make? Want to share a favorite dish or recipe? Email us [bmedina@pacsn Newark.org](mailto:bmedina@pacsn Newark.org)

**WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE**

Menus subject to change based on availability