

Harvest of the Month:
LETTUCE & SPINACH

Lunch at Philip's Academy Paterson
March 11 - April 5, 2019



	11	12	13	14	15
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Veggie Bolognese	Beef Hot Dogs	Butternut Squash Mac & Cheese	Corned Beef	Turkey Sandwiches
<i>Starch</i>	Whole Grain Spaghetti	WW Bun	Whole Grain Elbows	Red Potatoes	WW Roll & Pretzels
<i>Vegetable</i>	Sauteed Spinach	Homemade Ketchup & Sweet Pot. Fries	Green Beans	Cabbage & Carrots	Lettuce & Tomato
<i>Dessert</i>	Bananas	Yogurt w/ Granola	Apples	Irish Soda Bread	Pears
	18	19	20	21	22
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Spaghetti & Turkey Meatballs	Vegetable Chili	Honey Chipotle Salmon	Beef Stew	Pizza
<i>Starch</i>	Whole Grain Spaghetti	Mini Corn Muffin	Cous Cous	Mashed Potatoes	Included
<i>Vegetable</i>	Broccoli	Included	Mixed Vegetables	Carrots, Peas & Pearl Onions	Caesar's Salad
<i>Dessert</i>	Mandarins	Grapefruit	Applesauce	Coconut Oatmeal Cookies	Oranges
	25	26	27	28	29
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Meatless 'Chicken Alfredo'	Beef Burrito Bowl	Chicken Tikka Masala	Tofu & Vegetable Stir Fry	Turkey & Tuna Sandwiches
<i>Starch</i>	Whole Grain Fettuccini	Brown Rice	Whole Grain Garlic Naan	Whole Grain Lo Mein	WW Roll & Root Veg Chips
<i>Vegetable</i>	Garlic Spinach	Pico de Gallo	Peas	Included	Lettuce & Tomato
<i>Dessert</i>	Grapefruit	Bananas	Tangerines	March Birthday Treats	Apples
	1	2	3	4	5
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Vegetable Samosas	BBQ Chicken Legs	Pasta Primavera	Cajun Tilapia Stew	Cheesesteak Sandwiches
<i>Starch</i>	Brown Rice	Corn on the Cobb	Whole Grain Linguini	Grits	WW Bun
<i>Vegetable</i>	Mango Chutney	Kale Slaw	Spinach, Squash, Asparagus Carrots	Peppers, Onions, & Okra	Peppers, Onions, & Crudite'
<i>Dessert</i>	Pineapple	Mango Yogurt	Grapes	Graham Crackers	Oranges

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability