

Harvest of the Month:
LETTUCE

Lunch at Philip's Academy Paterson
May 6 - 31, 2019



	6	7	8	9	10
<i>Week One</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Veggie Bolognese	Jamaican Jerk Chicken Chili	Beef Tacos	Tofu & Vegetable Stir Fry	Turkey Hotdogs
<i>Starch</i>	Whole Grain Spaghetti	Plantains	Corn Tortillas	Brown Rice	Whole Grain Bun
<i>Vegetable</i>	Broccoli	Included	Shredded Lettuce & Pico de Gallo	Included	Crudite' & Homemade Ketchup
<i>Dessert</i>	Honeydew	Grapefruit	Apples	Whole Grain Lemon Poppyseed Cake	Oranges
	13	14	15	16	17
<i>Week Two</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Turkey & Tuna Sandwiches	Beef Bourginon	Lemon Oregano Chicken Legs	Vegetable & Chickpea Korma	Pizza
<i>Starch</i>	Whole Grain Roll & Pretzels	Potatoes	Orzo	Basmati Rice	Whole Grain Crust
<i>Vegetable</i>	Lettuce & Tomato	Carrots, Onions & Celery	Green Beans	SweetPotato,Cauliflower & Squash	Caesar's Salad
<i>Dessert</i>	Grapes	Bananas	Greek Yogurt w/ Honey & Granola	Watermelon	Whole Grain Graham Crackers
	20	21	22	23	24
<i>Week Three</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Veggie & Cheese Taco Salad	BBQ Chicken Sandwiches	Turkey Meatloaf	Mediterranean Fish Stew	NO SCHOOL
<i>Starch</i>	Black Beans	Whole Grain Roll	Mashed Potatoes	Brown Rice	
<i>Vegetable</i>	Lettuce & Pico de Gallo	Kale & Red Onion Slaw	Peas	Peppers, Onions, Tomatoes & Olives	
<i>Dessert</i>	Tangerines	Strawberry Applesauce	Pineapple	Apples	
	27	28	29	30	31
<i>Week Four</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	NO SCHOOL	Pasta Primavera	Buffalo Chicken Wings	Italian Turkey Sausage	Turkey & Tuna Sandwiches
<i>Starch</i>		Whole Grain Farfalle	Whole Wheat Dinner Roll	Polenta	Whole Grain Roll
<i>Vegetable</i>		Mixed Spring Vegetables	Crudite'	Peppers, Onions, & Tomato Sauce	Lettuce & Tomato
<i>Dessert</i>		Grapes	Cantaloupe	Grapefruit	Fruit Salad

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability