

Harvest of the Month:
CABBAGE

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



	17	18	19	20	21
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Turkey & Rice	Cream of Broccoli	Chicken Noodle	Tuscan White Bean	1/2 DAY
<i>Entrée</i>	Cauliflower Mac & Cheese	Garlic & Herb Chicken Legs	Vegetable Chili	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	Included	Peppers, Onions & Marinara	Crudite
<i>Dessert</i>	Grapes	Ginger Spice Yogurt	Bananas	Grapefruit	Apples
	24	25	26	27	28
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	NO	SCHOOL		WINTER	BREAK
<i>Entrée</i>					
<i>Starch</i>					
<i>Vegetable</i>					
<i>Dessert</i>					
	31	1	2	3	4
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	NO	SCHOOL		WINTER	BREAK
<i>Entrée</i>					
<i>Starch</i>					
<i>Vegetable</i>					
<i>Dessert</i>					
	7	8	9	10	11
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Beef Barley	Lentil	Southwest Chicken & Vegetable	Potato & Kale	Chef's Choice
<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@pacnewark.org

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability