

Harvest of the Month:
CARROTS & PARSNIPS

Lunch at Philip's Academy Newark
December 30 - January 24, 2020



	30	31	1	2	3
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>					
<i>Entrée</i>	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<i>Whole Grain</i>					
<i>Vegetable</i>					
<i>Dessert</i>					
	6	7	8	9	10
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Turkey & Rice	Spicy Black Bean	Minestrone	Tofu Miso	Chef's Choice
<i>Entrée</i>	Veggie Bolognese	Fish Tacos	Maple Dijon Chicken	Beef Bulgogi	Veggie Sliders
<i>Whole Grain</i>	Included	Whole Grain Tortilla	Barley Pilaf	Brown Rice	Whole Grain Slider Buns
<i>Vegetable</i>	Green Beans	Cilantro Slaw	Peas	Kimchi	Root Veggie Chips
<i>Dessert</i>	Oranges	Pears	Plums	Banana	Applesauce
	13	14	15	16	17
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Turkey Vegetable	Lentil	Santa Fe Chicken	Cream of Broccoli	Chef's Choice
<i>Entrée</i>	Butternut Mac & Cheese	Curry Chicken	Veggie Chili	Beef Burrito Bowl	Turkey Sandwich
<i>Whole Grain</i>	Included	Brown Rice	Corn Muffin	Brown Rice w/ Black Beans	Whole Grain Roll
<i>Vegetable</i>	Garlic Spinach	Peppers, onions & Potatoes	Included	Pico de Gallo	Lettuce & Tomato
<i>Dessert</i>	Apples	Oranges	Pears	Grapes	Graham Crackers
	20	21	22	23	24
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>		Beef Barley	Tomato Bisque	Oatmeal	Chef's Choice
<i>Entrée</i>	NO SCHOOL	Pizza	Stewed Beef & Peas	Chicken & Waffles	Veggie Sloppy Joe
<i>Whole Grain</i>		Included	Basmati Rice	Included	Whole Grain Roll
<i>Vegetable</i>		Caesar Salad	Included	Carrots	Crudite
<i>Dessert</i>		Plums	Bananas	Grapefruit	Vegan Ice Pops

1% & Fat Free Milk offered daily. Questions? Want to share a favorite recipe? Email us bmedina@pacnewark.org
WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE Menus are subject to change based on availability.

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