

Harvest of the Month:
Strawberries

Lunch at Philip's Academy Newark
June 3-13, 2019



	3	4	5	6	7
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Low fat yogurt w/ fresh fruit- bananas and 2% milk	Oatmeal with fresh fruit- orange and 2% milk	Corn cereal w/2% milk	Hot pancakes w/ 2% milk and turkey sausage	Whole Wheat Bagel w/cream cheese and 2% milk
<i>Soup</i>	Chicken & Rice	Blueberry Oatmeal	Beef Barley	Vegan Split Pea	Corn & Yellow Squash
<i>Entrée</i>	Cauliflower Mac & Cheese	Baked Chicken Tenders	Veggie Chili	Cajun Tilapia	Turkey Burritos
<i>Starch</i>	Whole Grain Elbows	Whole Grain Waffle		Mini Corn Muffin	Grits
<i>Vegetable</i>	Sauteed Spinach	Watermelon & Tomato Salad	Included	Peppers, Onions, Tomatoes & Okra	Collard Greens & Salsa
<i>Dessert</i>	Peaches	Grapes	Pineapple	Nectarines	Mixed Berry Crisp
	10	11	12	13	14
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>	Turkey Vegetable	Miso Tofu	Minestrone		
<i>Entrée</i>	Pasta Primavera	Chicken & Broccoli	Beef Sloppy Joe	8TH GRADE	FAMILY
<i>Starch</i>	Whole Grain Farfalle	Jasmine Rice	Whole Grain Bun	GRADUATION	FIELD
<i>Vegetable</i>	Mixed Vegetables	Broccoli, Red Peppers & Carrots	Crudites	1/2 DAY	DAY
<i>Dessert</i>	Oranges	Melon	Apples		
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>					
<i>Entrée</i>		SUMMER		BREAK	
<i>Starch</i>					
<i>Vegetable</i>					
<i>Dessert</i>					
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup</i>					
<i>Entrée</i>		SUMMER		BREAK	
<i>Starch</i>					
<i>Vegetable</i>					
<i>Dessert</i>					

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability