

Harvest of the Month:
SWEET POTATOES & FROZEN BLUEBERRIES

Lunch at Philip's Academy Newark
January 14- February 8, 2019



14		15		16		17		18			
Week One		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Asian Chicken & Rice	Split Pea	Sweet Potato Puree	Curry Chicken	Chef's Choice						
Entrée	Tofu & Vegetable Lo Mein	Turkey Picadillo	Honey Mustard Chicken Legs Polenta	Vegetable Korma	Beef Burgers						
Starch	Whole Grain Noodles	Brown Rice w/ Black Beans		Green Beans & Tomatoes	Whole Wheat Garlic Naan	Whole Grain Bun					
Vegetable	Included	Plantains	Mandarins	Included	Sweet Potato Fries, Lettuce & Tomato						
Dessert	Apples	Grapefruit		Kheer (Rice Pudding)	Bananas						
21		22		23		24		25			
Week Two		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	NO SCHOOL	Turkey Sausage & White Bean	Korean Tofu Noodle	Beef French Onion	Chef's Choice						
Entrée		Broccoli Pesto	Beef Bulgogi	Vegetarian Chili	Turkey & Tuna Sandwiches						
Starch		Whole Grain Spaghetti & Roll	Brown Rice	Whole Grain Mini Corn Muffin	Whole Grain Bun						
Vegetable		Sundried Tomatoes	Quick Kimchi	Included	Root Veggie Chips, Lettuce & Tomato						
Dessert		Oranges	Applesauce	Grapes	Whole Grain Lemon Blueberry Cake						
28		29		30		31		1			
Week Three		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Turkey Vegetable	Spicy Black Bean	Lentil	Corn Chowder	Chef's Choice						
Entrée	Vegetable Bolognese	Mexican Beef Bowl	BBQ Pulled Chicken	Baked Fish Nuggets	Pizza						
Starch	Whole Grain Penne	Cilantro Lime Brown Rice	Corn on the Cobb	Mashed Sweet Potatoes	Included						
Vegetable	Mixed Vegetables	Pico de Gallo	Coleslaw	Minty Peas & Pearl Onions	Caesar's Salad						
Dessert	Graham Crackers	Tangerines	Blueberry Smoothie	Apples	Bananas						
4		5		6		7		8			
Week Four		Monday		Tuesday		Wednesday		Thursday		Friday	
Soup	Chicken Quinoa	Tomato Bisque	Stuffed Cabbage w/ Beef	Turkey Noodle	Chef's Choice						
Entrée	Cauliflower Mac & Cheese	Oven 'Fried' Chicken	Baked Potato Bar	Vegetable Spring Rolls	Turkey & Tuna Sandwiches						
Starch	Whole Grain Elbows	Whole Grain Corn Bread	Included	Included	Whole Grain Roll & Pretzels						
Vegetable	Roasted Zucchini & Yellow Squash	Collard Greens	Broccoli	Cauliflower 'Fried' Rice	Lettuce & Tomato						
Dessert	Grapefruit	Yogurt w/ Blueberries	Grapes	Pears	100% WW Choc Chip Cookies						

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

WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE

Menus subject to change based on availability