

Harvest of the Month:
SPINACH & ASPARAGUS

Lunch at Philip's Academy Newark
April 8 - May 3, 2019



8		9		10		11		12	
Week One		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Chicken & Rice	Spicy Black Bean	Beef Barley	Spring Vegetable Minestrone	Tomato Spinach Bisque				
Entrée	Cauliflower Mac & Cheese	Chili Lime Pulled Chicken	Falafel	Beef Stroganoff	Grilled Cheese Sandwiches				
Starch	Whole Grain Elbows	Brown Rice	Whole Grain Pita	Egg Noodles	Whole Wheat Baguette				
Vegetable	Sauteed Spinach	Fiesta Corn	Lettuce, Tomato & Tzatziki	Mushrooms & Pearl Onions	Crudite' & Ranch				
Dessert	Oranges	Apples	Grapes	Chocolate Zucchini Cake	Bananas				
15		16		17		18		19	
Week Two		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup									
Entrée	NO	SCHOOL			SPRING	BREAK			
Starch									
Vegetable									
Dessert									
22		23		24		25		26	
Week Three		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Chicken Noodle	Quinoa Vegetable	Split Pea	Tofu Miso	Chef's Choice				
Entrée	Veggie Burger Sliders	Lemon Dill Tilapia	Turkey Meatballs	Chicken & Broccoli	Pizza				
Starch	Whole Grain Slider Buns	Steamed Red Potatoes	Whole Grain Spaghetti	Jasmine Rice	Whole Wheat Crust				
Vegetable	Lettuce, Tomato & Crudite'	Mixed Vegetables	Asparagus	Broccoli & Sliced Carrots	Caesar's Salad				
Dessert	Grapefruit	Yogurt w/ Berries	Apples	Pineapple	April Birthday Treats				
29		30		1		2		3	
Week Four		Monday	Tuesday	Wednesday	Thursday	Friday			
Soup	Turkey Tortilla	Cream of Asparagus	Ginger Garlic Noodle	Curry Chickpea	Chef's Choice				
Entrée	Veggie Chili	Chicken Florentine	Beef Bulgogi	Baked Fish Nuggets	Tuna & Turkey Sandwiches				
Starch	Mini Corn Muffin	Whole Grain Penne	Brown Rice	Whole Grain Cous Cous	Whole Wheat Roll & Pretzels				
Vegetable	Included	Spinach & Sundried Tomatoes	Quick Kimchi	Garlic Spinach	Lettuce & Tomato				
Dessert	Bananas	Peaches	5-Spice Applesauce	Tangerines	Healthy Ice Pops				

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