

Harvest of the Month:  
**LETTUCE**

Lunch at Philip's Academy Newark  
May 6 - 31, 2019



6		7		8		9		10	
Week One		Monday	Tuesday	Wednesday		Thursday		Friday	
Breakfast	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		
Soup	Chicken & Rice	Coconut Lentil Curry	Spicy Black Bean		Ginger Beef Noodle		Chef's Choice		
Entrée	Veggie Bolognese	Jamaican Jerk Chicken Chili	Beef Tacos		Tofu & Vegetable Stir Fry		Turkey Hotdogs		
Starch	Whole Grain Spaghetti	Plantains	Corn Tortillas		Brown Rice		Whole Grain Bun		
Vegetable	Broccoli	Included	Shredded Lettuce & Pico de Gallo		Included		Crudite' & Homemade Ketchup		
Dessert	Honeydew	Grapefruit	Apples		Whole Grain Lemon Poppseed Cake		Oranges		
13		14		15		16		17	
Week Two		Monday	Tuesday	Wednesday		Thursday		Friday	
Soup	Turkey Tortilla	Carrot Ginger Puree	Fasolatha		Beef Pho		Chef's Choice		
Entrée	Pizza	Beef Bourginon	Lemon Oregano Chicken Legs		Vegetable & Chickpea Korma		Turkey & Tuna Sandwiches		
Starch	Whole Grain Crust	Potatoes	Orzo		Basmati Rice		Whole Grain Roll & Pretzels		
Vegetable	Caesar's Salad	Carrots, Onions & Celery	Green Beans		SweetPotato,Cauliflower &Squash		Lettuce & Tomato		
Dessert	Grapes	Bananas	Greek Yogurt w/ Honey & Granola		Watermelon		Whole Grain Graham Crackers		
20		21		22		23		24	
Week Three		Monday	Tuesday	Wednesday		Thursday		Friday	
Soup	White Chicken Chili	Corn & Zucchini Chowder	Creamy Rosemary White Bean		Broccoli Cheddar		1/2 DAY		
Entrée	Veggie & Cheese Taco Salad	BBQ Chicken Sandwiches	Turkey Meatloaf		Mediterranean Fish Stew		Meatless Chicken Parm Sandwiches		
Starch	Black Beans	Whole Grain Roll	Mashed Potatoes		Brown Rice		Whole Grain Roll		
Vegetable	Lettuce & Pico de Gallo	Kale & Red Onion Slaw	Peas		Peppers, Onions, Tomatoes & Olives		Italian Green Salad		
Dessert	Tangerines	Strawberry Applesauce	Pineapple		Apples		Vegan Ice Pops		
27		28		29		30		31	
Week Four		Monday	Tuesday	Wednesday		Thursday		Friday	
Soup		Chicken & Kale	Spring Pea & Mint Puree		Tuscan Minestrone		Chef's Choice		
Entrée	<b>NO SCHOOL</b>	Pasta Primavera	Buffalo Chicken Wings		Italian Turkey Sausage		Turkey & Tuna Sandwiches		
Starch		Whole Grain Farfalle	Whole Wheat Dinner Roll		Polenta		Whole Grain Roll		
Vegetable		Mixed Spring Vegetables	Crudite'		Peppers, Onions, & Tomato Sauce		Lettuce & Tomato		
Dessert		Grapes	Cantaloupe		Grapefruit		<b>May Birthday Treats</b>		

Questions? Love something we make? Want to share a favorite dish or recipe? Email us [bmedina@pacnewark.org](mailto:bmedina@pacnewark.org)

**WE CREATE VEGAN VERSIONS OF THE DAILY ENTRÉE**

Menus subject to change based on availability