

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	
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 Poppyseed 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,Cauliflow er &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	NO SCHOOL	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	May Birthday Treats						

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