



SEPTEMBER

2024 PRESCHOOL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Tandoori Chicken Steamed Rice Veggie Chickpea Tikka Masala	4 Beef Sliders with Tomato Glaze Brioche Roll Peas	5 Chicken Cutlet Strips Cheesy Diatlini Pasta Carrot Disks	6 Cheesy Pizza Bites Minestrone Soup Veggies Broccoli
9 Arroz con Pollo Mexican Street Corn Cumin Spiced Carrot Disks	10 Penne Beef Bolognese Peas & Carrots	11 Turkey Meatballs Baby Pepper Rings Corn Bread Orzo with Broccoli & Garlic	12 Carrot Mac and Cheese Savory Chickpeas Broccoli	13 Chicken Souvlaki Quinoa Couscous Pilaf Turmeric Cauliflower
16 Penne Tomato Mascarpone Sauce Paprika Cauliflower Parmesan Cup	17 Turkey Meatloaf Bites Creamy Mashed Potatoes Peas	18 Buttered Egg Noodles Roasted Chicken with Thyme & Porcini Carrot Disks	19 Yellow Rice Beef Taco Mexican Summer Squash	20 Scallion Chicken Cutlet Couscous with Buttered Leeks Green Beans
23 Kale Basil Pesto with Gemelli Carrot Disks Garlic White Beans	24 Turkey Slider with Ketchup Glaze Brioche Roll Buttered Peas	25 Steamed Rice Baby Corn Miso Butter Chicken Breast Edamame & Carrots	26 Beef Ricotta Meatballs with Marinara Ditalini Broccoli	27 Garlic Chicken Roasted Whipped Sweet Potatoes Rataoiulle
30 Steamed Rice Thai Basil Chicken Baby Pepper Rings on Top Sauteed Asian Veggies	<p>Our produce is organic, local, and/or low in pesticides. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Better Bee Honey, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>			





SEPTEMBER

2024 PRESCHOOL VEGETARIAN MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Tandoori Paneer Steamed Rice Veggie Chickpea Tikka Masala	4 BlackBean Sliders with Tomato Glaze Brioche Roll Peas	5 Baked Corn Fritters Cheesy Diatlini Pasta Carrot Disks	6 Cheesy Pizza Bites Minestrone Soup Veggies Broccoli
9 Arroz con Frijoles Mexican Street Corn Cumin Spiced Carrot Disks	10 Penne Chickpea Bolognese Peas & Carrots	11 Mushroom Meatballs Baby Pepper Rings Corn Bread Orzo with Broccoli & Garlic	12 Carrot Mac and Cheese Savory Chickpeas Broccoli	13 Lemon Garlic Halloumi & Chickpeas Quinoa Couscous Pilaf Turmeric Cauliflower
16 Penne Tomato Mascarpone Sauce Paprika Cauliflower Parmesan Cup	17 Mushroom Meatloaf Bites Creamy Mashed Potatoes Peas	18 Buttered Egg Noodles Tomatoes with Tomato & Basil Carrot Disks	19 Yellow Rice Pinto Bean Taco Mexican Summer Squash	20 Quinoa Fritters Couscous with Buttered Leeks Green Beans
23 Kale Basil Pesto with Gemelli Carrot Disks Garlic White Beans	24 BlackBean Slider with Ketchup Glaze Brioche Roll Buttered Peas	25 Steamed Rice Baby Corn Miso Butter Tofu Edamame & Carrots	26 Spinach Ricotta Meatballs with Marinara Ditalini Broccoli	27 Quinoa Fritters Roasted Whipped Sweet Potatoes Rataoiulle
30 Steamed Rice Thai Basil Seitan Baby Pepper Rings on Top Sauteed Asian Veggies	<p>Our produce is organic, local, and/or low in pesticides. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Better Bee Honey, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>			





SEPTEMBER

2024 BEEF FREE PRESCHOOL MENU LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Tandoori Chicken Steamed Rice Veggie Chickpea Tikka Masala	4 Black Bean Sliders with Tomato Glaze Brioche Roll Peas	5 Chicken Cutlet Strips Cheesy Diatlini Pasta Carrot Disks	6 Cheesy Pizza Bites Minestrone Soup Veggies Broccoli
9 Arroz con Pollo Mexican Street Corn Cumin Spiced Carrot Disks	10 Penne Chickpea Bolognese Peas & Carrots	11 Turkey Meatballs Baby Pepper Rings Corn Bread Orzo with Broccoli & Garlic	12 Carrot Mac and Cheese Savory Chickpeas Broccoli	13 Chicken Souvlaki Quinoa Couscous Pilaf Turmeric Cauliflower
16 Penne Tomato Mascarpone Sauce Paprika Cauliflower Parmesan Cup	17 Turkey Meatloaf Bites Creamy Mashed Potatoes Peas	18 Buttered Egg Noodles Roasted Chicken with Thyme & Porcini Carrot Disks	19 Yellow Rice Pinto Bean Taco Mexican Summer Squash	20 Scallion Chicken Cutlet Couscous with Buttered Leeks Green Beans
23 Kale Basil Pesto with Gemelli Carrot Disks Garlic White Beans	24 Turkey Slider with Ketchup Glaze Brioche Roll Buttered Peas	25 Steamed Rice Baby Corn Miso Butter Chicken Breast Edamame & Carrots	26 Spinach Ricotta 'Meat'balls with Marinara Ditalini Broccoli	27 Garlic Chicken Roasted Whipped Sweet Potatoes Rataoiulle
30 Steamed Rice Thai Basil Chicken Baby Pepper Rings on Top Sauteed Asian Veggies	<p>Our produce is organic, local, and/or low in pesticides. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Better Bee Honey, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>			





SEPTEMBER

2024 DAIRY/EGG FREE MENU LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Curried Chicken Steamed Rice Vegan Veggie Chickpea Tikka Masala	4 Beef Sliders with Tomato Glaze Peas	5 Chicken Breast Strips Diatlini Pasta Carrot Disks	6 Tomato-y Pizza Bites Minestrone Soup Veggies Broccoli
9 Arroz con Pollo Corn Cumin Spiced Carrot Disks	10 Penne Beef Bolognese Peas & Carrots	11 Toasted Cheese Sandwich Green Beans with Garlic oil Broccoli	12 Carrot Mac and Cheese Garlic Collard Greens Corn	13 Lemon Garlic Halloumi Pita Triangles Peas Turmeric Cauliflower
16 Penne, Tomato Mascarpone Sauce Mozzarella 3 Bean Salad Seasoned Cauliflower	17 Glazed Mushroom Meatloaf Sandwich Butternut Squash Cubes Peas	18 Tomatoes with Tomato & Basil Buttered Egg Noodles Broccoli Carrot Disks	19 Pinto Bean Taco Steamed Rice Corn Mexican Summer Squash	20 Quinoa Fritters Couscous Pilaf White Beans with Tomato Garlic and Basil Green Beans
23 Kale Basil Pesto with Gemelli Mozarella Carrot Disks Garlic White Beans	24 BlackBean Slider Seasoned Summer Squash Peas	25 Teriyaki Tofu Steamed Rice Carrots Edamame	26 Ditalini with Spinach Ricotta Meatballs & Marinara Green Beans Broccoli	27 Quinoa Fritters Rice Pilaf Italian Cauliflower Corn
30 Thai Basil Seitan with Red Pepper Steamed Rice Broccoli Sauteed Asian Veggies	<p>Our produce is organic, local, and/or low in pesticides. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Better Bee Honey, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>			





SEPTEMBER

2024 GLUTEN FREE MENU LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Tandoori Chicken Steamed Rice Veggie Chickpea Tikka Masala	4 Beef Sliders with Tomato Glaze BBQ Baked Beans Peas	5 Chicken Breast Strips Quinoa Carrot Disks	6 Quinoa Pasta Minestrone Soup Veggies Broccoli
9 Arroz con Pollo Mexican Street Corn Cumin Spiced Carrot Disks	10 Quinoa Pasta Beef Bolognese Peas & Carrots	11 Turkey Meatballs Caramelized Onion BBQ Dip Baby Pepper Rings Corn Quinoa Pasta with Broccoli & Garlic	12 Gluten Free Carrot Mac and Cheese Savory Chickpeas Broccoli	13 Chicken Souvlaki Quinoa Pilaf Turmeric Cauliflower
16 Quinoa Pasta Tomato Mascarpone Sauce Paprika Cauliflower Parmesan Cup	17 Turkey Meatloaf Bites Creamy Mashed Potatoes Peas	18 Quinoa Pasta Roasted Chicken with Thyme & Porcini Carrot Disks	19 Yellow Rice Beef Taco Mexican Summer Squash	20 Scallion Chicken Breast Strips Quinoa with Buttered Leeks Green Beans
23 Kale Basil Pesto with Quinoa Pasta Carrot Disks Garlic White Beans	24 Turkey Slider with Ketchup Glaze Seasoned Summer Squash Buttered Peas	25 Steamed Rice Baby Corn Miso Butter Chicken Breast Edamame & Carrots	26 Beef Ricotta Meatballs with Marinara Quinoa Pasta Broccoli	27 Garlic Chicken Roasted Whipped Sweet Potatoes Rataouille
30 Steamed Rice Thai Basil Chicken Baby Pepper Rings on Top Sauteed Asian Veggies	<p>Our produce is organic, local, and/or low in pesticides. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Better Bee Honey, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p>			

