



# JANUARY

## 2025 PRESCHOOL MENU



| MONDAY  |  | TUESDAY   |  | WEDNESDAY   |  | THURSDAY   |  | FRIDAY   |  |
|---|--|---|--|---|--|--|--|--|--|
| <p>Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p> |  | 1   |  | 2   |  | 3  |  |  |  |
|   |  | NO SCHOOL   |  | NO SCHOOL   |  | NO SCHOOL  |  |  |  |
| 6   |  | 7   |  | 8   |  | 9  |  | 10   |  |
| Penne<br>Tomato Mascapone<br>Carrot Disks<br>Parmesan Cup   |  | Turkey Meatballs<br>Creamy Smashed Potatoes, Broccoli<br>Homemade Caramelized Onion BBQ Sauce |  | Indian Butter Chicken<br>Steamed Rice<br>Turmeric Cauliflower       |  | Glazed Beef Meatloaf<br>Patties<br>Brioche Roll<br>Peas      |  | Roasted Chicken with Thyme and Porcini and Gravy<br>Couscous Quinoa Pilaf<br>Ratatouille |  |
| 13  |  | 14  |  | 15  |  | 16   |  | 17   |  |
| Kale Basil Pesto with Gemelli<br>Carrot Disks<br>Tomato Cumin<br>Chickpeas  |  | Chicken Cutlet Strips<br>Orzo with Broccoli & Garlic<br>Buttered Corn                         |  | Yellow Rice<br>Pulled Beef Tacos<br>Cauliflower                     |  | Buttered Egg Noodles<br>Swedish Chicken<br>Meatballs<br>Peas |  | Cheesy Pizza Bites<br>Kale Pesto White Beans<br>Broccoli                                 |  |
| 20  |  | 21  |  | 22  |  | 23   |  | 24   |  |
| NO SCHOOL   |  | Beef Sliders with Tomato Glaze<br>Brioche Roll<br>Carrot Disks                                |  | Garlic Chicken with Gravy<br>Roasted Whipped Sweet Potatoes<br>Peas |  | Toasted Cheddar Sandwiches<br>Creamy Tomato Soup<br>Broccoli |  | Gemelli<br>Chicken Picatta<br>Cheesy Cauliflower   |  |
| 27  |  | 28  |  | 29  |  | 30   |  | 31   |  |
| Penne<br>Turkey Bolognese<br>Carrots  |  | Arroz Con Pollo<br>Seasoned Blackbeans<br>Green Beans with Mild Scallion                      |  | NO SCHOOL   |  | NO SCHOOL  |  | NO SCHOOL  |  |



# JANUARY

## 2025 PRESCHOOL VEGETARIAN MENU



| MONDAY  |  | TUESDAY   |  | WEDNESDAY  |  | THURSDAY   |  | FRIDAY   |  |
|---|--|---|--|--|--|--|--|--|--|
| <p>Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p> |  | 1   |  | 2  |  | 3  |  |  |  |
|   |  | NO SCHOOL   |  | NO SCHOOL  |  | NO SCHOOL  |  |  |  |
| 6   |  | 7   |  | 8  |  | 9  |  | 10   |  |
| Penne<br>Tomato Mascapone Sauce<br>Carrot Disks<br>Parmesan Cup   |  | Mushroom 'Meat'balls<br>Creamy Smashed Potatoes, Broccoli<br>Homemade Caramelized Onion BBQ Sauce |  | Indian Butter Paneer & Chickpeas<br>Steamed Rice<br>Turmeric Cauliflower |  | Glazed Mushroom 'Meat'loaf Patties<br>Brioche Roll<br>Peas   |  | Oven Baked Corn Fritters<br>Couscous Quinoa Pilaf<br>Ratatouille |  |
| 13  |  | 14  |  | 15   |  | 16   |  | 17   |  |
| Kale Basil Pesto with Gemelli<br>Carrot Disks<br>Tomato Cumin Chickpeas   |  | Quinoa Fritters<br>Orzo with Broccoli & Garlic<br>Buttered Corn                                   |  | Yellow Rice<br>BlackBean Tacos<br>Cauliflower                            |  | Buttered Egg Noodles<br>Swedish Mushroom 'Meat'balls<br>Peas |  | Cheesy Pizza Bites<br>Kale Pesto White Beans<br>Broccoli         |  |
| 20  |  | 21  |  | 22   |  | 23   |  | 24   |  |
| NO SCHOOL   |  | BlackBean Sliders with Tomato Glaze<br>Brioche Roll<br>Carrot Disks                               |  | Quinoa Fritters<br>Roasted Whipped Sweet Potatoes<br>Peas                |  | Toasted Cheddar Sandwiches<br>Creamy Tomato Soup<br>Broccoli |  | Gemelli<br>Tomato Basil Braised Whitbeans<br>Cheesy Cauliflower  |  |
| 27  |  | 28  |  | 29   |  | 30   |  | 31   |  |
| Penne<br>Chickpea Bolognese<br>Carrots  |  | Arroz Con Vegetables<br>Seasoned BlackBeans<br>Green Beans with Mild Scallion                     |  | NO SCHOOL  |  | NO SCHOOL  |  | NO SCHOOL  |  |



# JANUARY

## 2025 GLUTEN FREE MENU LUNCH



| MONDAY  |  | TUESDAY  |  | WEDNESDAY   |  | THURSDAY   |  | FRIDAY  |  |
|---|--|--|--|---|--|--|--|---|--|
| <p>Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p> |  |  |  | 1   |  | 2  |  | 3   |  |
|   |  |  |  | NO SCHOOL   |  | NO SCHOOL  |  | NO SCHOOL   |  |
| 6   |  | 7  |  | 8   |  | 9  |  | 10  |  |
| Quinoa Pasta<br>Tomato Mascapone<br>Carrot Disks<br>Parmesan Cup  |  | Turkey Meatballs<br>Creamy Smashed Potatoes<br>Broccoli<br>Homemade Caramelized Onion<br>BBQ Sauce |  | Steamed Rice<br>Indian Butter Chicken<br>Turmeric Cauliflower       |  | Glazed Beef Meatloaf Patties<br>Roasted Potatoes<br>Peas |  | Roasted Chicken with Thyme and Porcini Gravy<br>Quinoa<br>Ratatouille |  |
| 13  |  | 14   |  | 15  |  | 16   |  | 17  |  |
| Kale Basil Pesto with Quinoa Pasta<br>Carrot Disks<br>Tomato Cumin<br>Chickpeas   |  | Chicken Breast Strips<br>Quinoa Pasta with Broccoli & Garlic<br>Buttered Corn                      |  | Yellow Rice<br>Pulled Beef Tacos<br>Cauliflower                     |  | Swedish Chicken Meatballs<br>Smashed Potatoes<br>Peas    |  | Quinoa Pasta with Marinara<br>Kale Pesto White Beans<br>Broccoli      |  |
| 20  |  | 21   |  | 22  |  | 23   |  | 24  |  |
| NO SCHOOL   |  | Beef Sliders with Tomato Glaze<br>Roasted Potatoes<br>Carrot Disks                                 |  | Garlic Chicken with Gravy<br>Roasted Whipped Sweet Potatoes<br>Peas |  | Quinoa Pasta<br>Creamy Tomato Soup<br>Broccoli           |  | Chicken Picatta<br>Mashed Potatoes<br>Cheesy Cauliflower              |  |
| 27  |  | 28   |  | 29  |  | 30   |  | 31  |  |
| Quinoa Pasta<br>Turkey Bolognese<br>Carrots   |  | Arroz Con Pollo<br>Seasoned BlackBeans<br>Green Beans with Mild Scallion                           |  | NO SCHOOL   |  | NO SCHOOL  |  | NO SCHOOL   |  |





# JANUARY

## 2025 DAIRY/EGG FREE MENU LUNCH



| MONDAY  |  | TUESDAY   |  | WEDNESDAY   |  | THURSDAY  |  | FRIDAY   |  |
|---|--|---|--|---|--|---|--|--|--|
| <p>Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.</p> <p>*Menu Items are subject to change based on availability*</p> |  |   |  | 1   |  | 2   |  | 3  |  |
|   |  |   |  | NO SCHOOL   |  | NO SCHOOL   |  | NO SCHOOL  |  |
| 6   |  | 7   |  | 8   |  | 9   |  | 10   |  |
| Penne<br>Marinara<br>Carrot Disks   |  | Turkey Meatballs<br>Olive Oil Smashed Potatoes<br>Broccoli<br>Homemade Carmelized Onion BBQ Sauce |  | Steamed Rice<br>Curry Chicken<br>Turmeric Cauliflower               |  | Glazed Beef Meatloaf Patties<br>Roll<br>Peas                                    |  | Roasted Chicken with Thyme and Porcini<br>Couscous<br>Quinoa Pilaf<br>Ratatoiuille |  |
| 13  |  | 14  |  | 15  |  | 16  |  | 17   |  |
| Vegan Kale Basil Pesto<br>with Gemelli<br>Carrot Disks<br>Tomato Cumin<br>Chickpeas   |  | Chicken Breast Strips<br>Orzo with Broccoli & Garlic<br>Sweet Corn                                |  | Yellow Rice<br>Pulled Beef Tacos<br>Cauliflower                     |  | Gemelli Pasta<br>Swedish Chicken<br>Meatballs<br>Peas                           |  | Tomato-y Foccacia Bites<br>Kale Pesto White Beans<br>Broccoli                      |  |
| 20  |  | 21  |  | 22  |  | 23  |  | 24   |  |
| NO SCHOOL   |  | Beef Sliders with Tomato Glaze<br>Roll<br>Carrot Disks  |  | Garlic Chicken with Gravy<br>Roasted Whipped Sweet Potatoes<br>Peas |  | Toasted Tofu & Sun-dried Tomato Pesto Sandwich<br>Vegan Tomato Soup<br>Broccoli |  | Gemelli<br>Chicken Picatta<br>Cauliflower  |  |
| 27  |  | 28  |  | 29  |  | 30  |  | 31   |  |
| Penne<br>Turkey Bolognese<br>Carrots  |  | Arroz Con Pollo<br>Seasoned BlackBeans<br>Green Beans with Mild Scallion                          |  | NO SCHOOL   |  | NO SCHOOL   |  | NO SCHOOL  |  |