

LITTLE GREEN GOURMETS SCHOOL LUNCH MENU
LUNCH MENU JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 1 HOLIDAY | 2 CHICKEN CUTLET STRIPS RED RICE w/ tomato & summer squash PARSLEY PEAS APPLE BREAD | 3 PASTA W/ MARINARA SIDE OF FRESH HERB RICOTTA TURMERIC CAULIFLOWER w/ <u>organic golden raisins</u> LEMON GARLIC PASTA W/ SALMON TURMERIC CAULIFLOWER w/ <u>organic golden raisins</u>  STRAWBERRY BLUEBERRY SMOOTHIE | 4 CHICKEN POT PIE MEATBALLS EGG NOODLES W/ LIGHT CREAM VEGGIE SAUCE APPLE SAUCE w/ Fishkill Farms Apples CHEDDAR CUBES | 5 CHEDDAR & BUTTERNUT SQUASH QUESADILLAS WHITE BEAN MINISTRONE SOUP NON-GMO SWEET CORN ARBORIO RICE PUDDING |
| 8 CHICKEN STRIPS VEGGIE TURMERIC RICE TIKKA MASALA CHICKPEAS MANGO LASSI | 9 PASTA SIDE OF BRAISED BEEF, TOMATO & GARLIC CLASSIC PEAS & CARROTS CHEDDAR CUBES | 10 CHICKEN RICOTTA MEATBALLS DITALINI W/ HERB BUTTER BROCCOLI APPLE BREAD | 11 TURKEY TACOS YELLOW RICE BELL PEPPER CONFETTI CUMIN CARROTS SOFT FLOUR TORTILLAS CROISSANTS W/ FRUIT COMPOTE | 12 CARROT MAC & CHEESE w/ organic carrot puree & Vermont Cabot cheddar GREEN BEAN TRIO APPLE SAUCE w/ Fishkill Farms Apples OATMEAL RAISIN COOKIE |
| 15 PASTA W/ MARINARA (sauce on the side) SIDE PARMESAN PEAS & CARROTS FRUIT BREAD | 16 MEDITERRANEAN CHICKEN w/ lemon, garlic & fresh oregano TURMERIC RICE CARROTS W/ LEMON DATE SAUCE CUMIN TOMATO CHICKPEAS CHICKPEA HUMMUS & WW PITA | 17 TURKEY RAGU PARSLEY PEAS POACHED PINEAPPLE RED FISH W/ TOMATO & ONIONS BUTTERED PENNE  PARSLEY PEAS GREEK YOGURT WITH HONEY | 18 RICOTTA MEATBALLS (BEEF) in marinara ORZO BROCCOLI BANANA BREAD | 19 SCALLION PESTO CHICKEN CUTLET STRIPS PEARL COUSCOUS W/ BUTTERNUT SQUASH TAMARI GREEN BEANS CHEDDAR CUBES |
| 22 ROASTED CHICKEN MEATBALLS CREAMY MASHED POTATOES BUTTERED DILL CARROTS SUNBUTTER COOKIE | 23 TURKEY BURGER BITES w/ tomato glaze ROASTED WHIPPED SWEET POTATOES PARLSEY PEAS CHEDDAR CROISSANTS | 24 PASTA W/ MARINARA SIDE OF PARMESAN CAULIFLOWER w/ lemon zest & capers STRAWBERRY BANANA SMOOTHIE | 25 CHICKEN BREAST STRIPS ASIAN VEGGIE NOODLES GINGER GREENBEANS YOGURT W/ FRUIT COMPOTE | 26 BEEF TACOS YELLOW RICE BELL PEPPERS CONFETTI CUMIN CARROTS SOFT FLOUR TORTILLAS CRANBERRY BREAD |
| 29 TURKEY MEATBALL W/ CARAMELYZED ONION BBQ DIP BUTTERED EGG NOODLES GREEN BEANS & CARROT RIBBONS CORN BREAD | 30 KALE BASIL PESTO CREAMY TOMATO SOUP CARROT CHICKPEA HUMMUS & CUCUMBERS | 31 CHICKEN FAJITA STRIPS YELLOW RICE PEPPERS / CORN / SWEET ONION ROASTED KABOCHA FISH STICKS CILANTRO LIME DIP  YELLOW RICE PEPPERS / CORN / SWEET ONION ORANGE CREAMSICLE SMOOTHIE | VEGETARIAN MEAL  VERMONT CABOT FAMILY FARMS COLLECTIVE  SEA TO TABLE OR ILIAMNA WILD ALASKAN SALMON SUSTAINABLY CAUGHT FISH |  HUDSON VALLEY FRESH MILK & CREAM  CASCUN FARM local, antibiotic & hormone free meat & poultry |