



# Hopewell Elementary School

## January Chef Select Menu

infused with **Organic** ingredients, as noted

### Tuesday

### Wednesday

### Thursday

Week of 12/31 - 1/4		<b>Organic Grilled Cheese Sandwich</b> on Texas Toast served with <b>Homemade Chicken</b> and <b>Organic Rice Soup</b> with <b>Fresh Orange Wedges</b>	<b>Organic Asian Stir-Fry</b> – <b>Organic Diced Chicken</b> in <b>Sweet and Sour Sauce</b> with <b>Peppers, Onions,</b> and <b>Pineapple</b> with <b>Homemade Organic Fried Rice, Steamed Broccoli,</b> and a <b>Fortune Cookie</b> served in a “ <b>Green-Friendly</b> ” <b>Asian Food Container</b>
Week of 1/7- 1/11	<b>Whole Grain Rotini Pasta</b> with <b>Homemade Organic Beef Meatballs</b> topped with <b>Miss Toni’s Homemade Tomato Sauce,</b> a <b>Garden Salad</b> featuring <b>Gourmet Lettuce</b> and <b>Homemade Herb Dressing</b> made from the <b>HES Vertical Farm,</b> and <b>Apple Wedges</b>	<b>Homemade Strawberry Belgian Waffles</b> with <b>Organic Apple Chicken Sausage, Homemade Hash Brown Potatoes, Fresh Strawberries,</b> and <b>Whipped Cream</b>	<b>Asian Noodle Bowl</b> – <b>Ramen Noodles</b> topped with <b>Organic Diced Chicken</b> and a choice of <b>Steamed Broccoli, Bok Choy</b> from the <b>HES Vertical Farm, Julienned Steamed Carrots, Sliced Green Onions,</b> and <b>Asian Broth</b> served with a <b>Fortune Cookie</b> and <b>Mandarin Orange Wedges</b>
Week of 1/14 - 1/18	<b>Organic Beef Burger</b> with <b>Cheese</b> on a <b>Bun</b> served with an <b>Optional Organic Fried Egg, Organic Ketchup, Homemade Cilantro Lime Slaw</b> with <b>Cilantro</b> from the <b>HES Vertical Farm,</b> and <b>Red Grapes</b>	<b>Homemade Colossal French Toast Wedges</b> made with <b>Fresh Organic Eggs, Choice of Turkey Bacon or Organic Scrambled Eggs, Roasted Potato Wedges</b> with <b>Herbs</b> from the <b>HES Vertical Farm,</b> and <b>Homemade Apple Compote Vegetarian Friendly with Scrambled Eggs!</b>	<b>Chicken Bowl</b> – <b>Homemade Mashed Potatoes</b> topped with <b>Diced Organic Chicken Breast, Corn, Gravy,</b> and <b>Shredded Cheese</b> with a <b>Warm Garlic Breadstick</b> and <b>Homemade Cinnamon Applesauce</b>
Week of 1/21 – 1/25	<b>Whole Grain Flatbread Pizza</b> on <b>Naan Bread</b> with <b>Homemade Organic Tomato Sauce, Fresh Basil</b> from the <b>Vertical Farm, Garlic,</b> and <b>Mozzarella Cheese</b> served with a <b>Fresh Broccoli Slaw</b> and a <b>Warm Apple Cobbler</b>	<b>Salad Bar</b> with <b>Fresh-Picked Lettuce, Microgreens,</b> and a <b>Homemade Herb Dressing</b> from the <b>HES Vertical Farm</b> with <b>Organic Diced Chicken or Organic Hard-Boiled Eggs, Fresh Veggies, Cheese,</b> and <b>Crunchy Topping</b> served with <b>Garlic Bread</b> and <b>Homemade Vegetable Soup Vegetarian Friendly with Hard-Boiled Egg!</b>	<b>Chicken Gyro</b> – <b>Organic Seasoned Chicken Strips</b> on <b>Warm Pita Bread</b> with <b>Optional Lettuce</b> and <b>Tomato, Homemade Cucumber Yogurt Sauce</b> with <b>Dill</b> from the <b>HES Vertical Farm,</b> and <b>Homemade Mediterranean Style-Potatoes</b> with <b>Herbs</b> from the <b>HES Vertical Farm</b> <i>Inspired by Principal Friedrich and Ms. Corveleyn!</i>
Week of 1/28 - 2/1	<b>Homemade Street Tacos</b> – <b>Seasoned Grilled Steak</b> in <b>Mini Soft Corn Tortillas</b> with <b>Homemade Organic Salsa, a Lime Wedge, Optional Cilantro</b> from the <b>Vertical Farm, Tortilla Strips, Organic Mexican Rice,</b> and a <b>Melon Wedge</b> <b>Vegetarian Option: Substitute Roasted Veggies</b>	<b>Barbecue Pulled Organic Chicken</b> on a <b>Whole Grain Ciabatta Roll</b> with <b>Fresh Steamed Vegetables</b> and <b>Apple Wedges</b>	<b>Turkey Sliders</b> – <b>Organic Ground Turkey Sliders</b> on <b>Mini Buns</b> with <b>Cheese, Lettuce, Tomato,</b> and <b>Onion, Homemade Organic Ketchup,</b> and <b>Fresh Roasted Potatoes</b> with <b>Herbs</b> from the <b>HES Vertical Farm</b>



Please submit your **Organic** order(s) online by visiting

<http://tinyurl.com/hesorgjan2019>

*Orders must be placed by Monday, December 17, 2018*



Your Chef's Select **Organic** lunch includes the complete meal listed above and a hormone-free milk.

*We use high quality ingredients to infuse healthy options into appealing meals. Chef's Select **Organic** meals are chef prepared with minimally processed ingredients and are prepared fresh each day in-district.*

"This institution is an equal opportunity provider."



**POMPTONIAN**  
FOOD SERVICE