






2019

JERSEY CITY PUBLIC SCHOOLS

PRODUCTION VEGETARIAN LUNCH Menu

(Grades K-8th)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mini Cheese Ravioli 1/2 cup Salad Lo-Fat Dressing Fresh Apple	2 Grilled Vegetable Sandwich 1/2 cup Carrots 1/2 cup Peaches	3 Grilled Cheese on Whole Wheat Bread 1/2 cup Green Beans 1/2 cup Strawberries	4 Vegetable Chili 1/2 cup Brown Rice 1/2 cup Bean Salad 1/2 cup Applesauce	5 Whole Wheat 4 x 6 Pizza 1/2 cup Romaine Salad Lo-Fat Dressing Fresh Pear	6
7	8 Vegetable Lasagna Whole Wheat Dinner Roll 1/2 cup Blueberries	9 Garden Burger on a Whole Wheat Hamburger Bun 1/2 cup Sweet Potato Fries 1/2 cup Peaches	10 Whole Grain Macaroni & Cheese 1/2 cup Tomato & Chickpea Salad Fresh Orange	11 Hummus Wrap on a Whole Wheat Tortilla w/Lettuce, Tomato & Cucumbers Applesauce Cup	12 Whole Wheat 4 x 6 Pizza 1/2 cup Romaine Salad Lo-Fat Dressing Fresh Pear	13
14	15 Egg & Cheese on a Whole Wheat Bun w/Lettuce & Tomato 1/2 cup Carrots 1/2 cup Blueberries	16 Eggplant Parmesan on Whole Wheat 4" Club Roll 1/2 cup Brown Rice 1/2 cup Peaches	17 Pierogies 1/2 cup Green Beans 1/2 cup Applesauce	18 1/2 Day – 12:45pm Dismissal Whole Grain Macaroni & Cheese 1/2 cup Spinach Fresh Pear	19 	20
21 	22 SCHOOLS CLOSED! Central Office Open	23 SCHOOLS CLOSED! Central Office Open	24 SCHOOLS CLOSED! Central Office Open	25 SCHOOLS CLOSED! Central Office Open	26 SCHOOLS CLOSED! Central Office Open	27
28	29 Sloppy Lentil Joe 1/2 cup Brown Rice 1/2 cup Carrots Fresh Apple	30 Garden Burger on a Whole Wheat Hamburger Bun 1/2 cup Mashed Potatoes 1/2 cup Green Beans 1/2 cup Pears				

Menu subject to change without notice!

AVAILABLE DAILY: LO-FAT CHOCOLATE, FAT FREE WHITE MILK & 1% LO-FAT WHITE MILK

We are an equal opportunity provider and employer