

# APRIL 2019

JERSEY CITY PUBLIC SCHOOLS

## PRODUCTION VEGETARIAN LUNCH Menu (Grades 9<sup>th</sup>-12<sup>th</sup>)

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