


APRIL 2019

JERSEY CITY PUBLIC SCHOOLS

Pre-Plate Hot Convection/Microwave/Vegetarian Lunch Menu

Schools: #6, #12, #15, #20A, #22, #23 Duncan, #23 Westside, #24, #25, #27, #29, #30, Danforth ECC, #33, #34, #37, #39, #40, Martin Center for the Arts, Regional Day School & Beloved Charter School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Roasted Chicken over Brown Rice Roasted Potatoes/Fruit <u>Vegetarian Option:</u> Organic Veggie Burger Roasted Potatoes/Fruit	2 Beef Rib-B-Que Whole Wheat Bun Baked Beans/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Baked Beans/Fruit	3 Swedish Meatballs over Pasta Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit	4 General Tso's Chicken over Brown Rice Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Lasagna Roll Up Steamed Green Beans/Fruit	5 Whole Wheat Cheese Pizza Fresh Carrots w/Ranch Dip Fruit <u>OR:</u> Turkey-Bologna & Cheese Sandwich Fresh Carrots w/Ranch Dip/Fruit	6
7	8 BBQ Chicken Patty Sandwich Baked Beans/Fruit <u>Vegetarian Option:</u> Sun Butter & Jelly Sandwich Sunflower Seeds Chickpea Salad/Fruit	9 Spaghetti & Beef Meatballs Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Homemade Macaroni & Cheese Steamed Broccoli/Fruit	10 Baked Chicken Tenders Roasted Sweet Potatoes/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit	11 Beef Hamburger Roasted Potatoes/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Roasted Potatoes/Fruit	12 Whole Wheat Cheese Pizza Fresh Carrots w/Ranch Dip Fruit <u>OR:</u> Turkey-Bologna & Cheese Sandwich Fresh Carrots w/Ranch Dip/Fruit	13
14	15 Beef Hamburger Baked Beans/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Baked Beans/Fruit	16 Chicken Teriyaki over Brown Rice Steamed Carrots/Fruit <u>Vegetarian Option:</u> Lasagna Roll Up Steamed Green Beans/Fruit	17 Salisbury Steak w/Gravy Mashed Potatoes Whole Wheat Bread/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Roasted Potatoes/Fruit	18 1/2 Day! 12:45pm Dismissal Chicken Chimichurri over Brown Rice Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit	19  DISTRICT CLOSED!	20
21 	22 SCHOOL'S CLOSED! Central Office Open	23 SCHOOL'S CLOSED! Central Office Open	24 SCHOOL'S CLOSED! Central Office Open	25 SCHOOL'S CLOSED! Central Office Open	26 SCHOOL'S CLOSED! Central Office Open	27
28	29 Roasted Chicken over Brown Rice Roasted Potatoes/Fruit <u>Vegetarian Option:</u> Organic Veggie Burger Roasted Potatoes/Fruit	30 Beef Rib-B-Que Whole Wheat Bun Baked Beans/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Baked Beans/Fruit	AVAILABLE DAILY: <i>LO-FAT CHOCOLATE, FAT FREE WHITE MILK & 1% LO-FAT WHITE MILK CONDIMENTS</i>			

Menu subject to change without notice!

We are an equal opportunity provider and employer