

Princeton Charter School - Lunch Menu 2015-2016

(*) Can provide veg option

(V) Vegetarian meal

	Week 1 - 09/08-09/11	Week 2 - 09/14-09/18	Week 3 - 09/21-09/25	Week 4 - 09/28-10/02	Week 5 - 10/05-10/09
Monday	School closed	School closed	Chicken Alfredo w/ wholegrain pasta (*)	Wholegrain macaroni and cheese (V)	Veggie lasagna rollatini (V)
	Labor Day	Rosh Hashanah	Broccoli	Peas and carrots	Baby carrots w/ ranch dressing
			Fresh apple	Fresh apple	Fresh apple
Tuesday	Teriyaki chicken w/ brown rice	Chicken Parmesan w/ tomato sauce and wholegrain pasta	Eggplant wrap with mozzarella cheese and tomato sauce(V)	Wholegrain chicken nuggets 6 - 4	Chicken and cheese quesadilla (*)
	Broccoli	Spinach	Wholegrain macaroni salad	Tater tots	Wholegrain pasta salad
	Fresh pear	Fresh pear	Fresh fruit salad	Fresh pear	Fresh pear
Wednesday	BLT Wrap	Turkey wrap		Ham sub OR cheese sub (V)	Grilled chicken wrap w/ Provolone cheese
	Coleslaw	Potato salad	School closed	Corn w/ tomato and cucumber	Romaine salad w/ cucumber, tomato & balsamic dressing
	Fresh fruit salad	Fresh fruit salad	Yom Kippur	Fresh fruit salad	Fresh fruit salad
Thursday	Sloppy Joe on a wholewheat bun	Eggplant Parmesan w tomato sauce & whole grain pasta (V)	Chicken and cheese quesadilla (*)	Tex Mex w/ beans, cheese and whole grain chips	Vegetable (V) OR regularchili
	Baked fries	Romaine salad w/ cucumber, tomato & balsamic dressing	Wholegrain pasta salad	Baby carrots	Brown rice
	Fresh apple	Fresh apple	Fresh pear	Fresh apple	Fresh apple
Friday	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)
	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing
	Fresh orange	Fresh orange	Fresh orange	Fresh orange	Fresh orange