

Princeton Charter School - Lunch Menu 2015-2016

Princeton Charter School is an equal opportunity provider.

Princeton Charter School es un proveedor y empleador que ofrece igualdad de oportunidades.

(*) Can provide veg option

(V) Vegetarian meal

	Week 1 - 1/4 - 1/8	Week 2 - 1/11 - 1/15	Week 3 - 1/18 - 1/22	Week 4 - 1/25 - 1/29	Week 5 - 2/1 - 2/5
Monday	Wholegrain spaghetti w/ meatballs & tomato sauce (*)	Wholegrain ravioli w/meatsauce (*)	School Closed	Wholegrain macaroni and cheese (V)	Veggie lasagna rollatini (V)
	Broccoli	Spinach	MLK Day	Peas and carrots	Baby carrots w/ ranch dressing
	Apple sauce	Fresh apple	No lunch	Fresh apple	Fresh apple
Tuesday	Teriyaki chicken w/ brown rice	Chicken Parmesan w/ tomato sauce and wholegrain pasta	Grilled chicken strips	Wholegrain chicken nuggets	Chicken and cheese quesadilla (*)
	Broccoli	Spinach	Brown rice primavera	Tater tots	Wholegrain pasta salad
	Fresh pear	Fresh pear	Fresh pear	Fresh pear	Fresh pear
Wednesday	BLT Wrap	Turkey wrap	Eggplant wrap with mozzarella cheese and tomato sauce(V)	Wholegrain cheese pizza (V)	Grilled chicken wrap w/ Provolone cheese
	Coleslaw	Potato salad	Wholegrain macaroni salad	Baby carrots w/ ranch dressing	Romaine salad w/ cucumber, tomato & balsamic dressing
	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh orange	Fresh fruit salad
Thursday	Sloppy Joe on a wholewheat bun	Eggplant Parmesan w tomato sauce & whole grain pasta (V)	Chicken and cheese quesadilla (*)	Half Day	Vegetable (V) OR regular chili
	Baked fries	Romaine salad w/ cucumber, tomato & balsamic dressing	Wholegrain pasta salad	Parent Conferences	Brown rice
	Fresh apple	Fresh apple	Fresh pear	No lunch	Fresh apple
Friday	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)	Half Day	Wholegrain cheese pizza (V)
	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing	Parent Conferences	Baby carrots w/ ranch dressing
	Fresh orange	Fresh orange	Fresh orange	No lunch	Fresh orange