

TRANSFAT FREE HOT LUNCH MENU – FALL/ WINTER 2025

HOT LUNCH SELECTIONS	HOT LUNCH SELECTIONS
<p>WEEK 1 <u>MONDAY</u></p> <p>Cheese Sauce Whole Wheat or Vegetable Pasta Pepper & Cucumber Sticks Whole Wheat Bread Fresh Fruits, Milk</p>	<p>WEEK 2 <u>MONDAY</u></p> <p>Chicken Cacciatore Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper & Cucumber Sticks Garlic Bun Fresh Fruits, Milk</p>
<p><u>TUESDAY</u></p> <p>Chicken Breast Nuggets Rice Pilaf Ketchup Baby Carrots Onion Bun Fresh Fruits, Milk</p>	<p><u>TUESDAY</u></p> <p>Beef and Beans Stir-fry Rice Pilaf Mixed Green Salad, Dressing Marble Rye Bread Fresh Fruits, Milk</p>
<p><u>WEDNESDAY</u></p> <p>Wheat Crust Blue Cod Couscous with Roasted Carrots Tartar Sauce Green Beans & Tomato Wedges Pumpnickel Bun Fresh Fruits, Milk</p>	<p><u>WEDNESDAY</u></p> <p>Chicken Breast Chunks Roast Potatoes Ketchup Broccoli Floret & Yellow Beans Whole Wheat Bun Fresh Fruits, Milk</p>
<p><u>THURSDAY</u></p> <p>Beef Meatballs in Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Asparagus & Baby Corn Garlic Pita Bread Fresh Fruits, Milk</p>	<p><u>THURSDAY</u></p> <p>Ricotta Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Cauliflower Floret and Celery Sticks Challah Bread Fresh Fruits, Milk</p>
<p><u>FRIDAY</u></p> <p>Mushroom Chicken Rice Pilaf Cabbage and Mixed Green Salad Dressing Whole Wheat Villaggio Bread Fresh Fruits, Milk</p>	<p><u>FRIDAY</u></p> <p>Crispy Pollack Masala Rice Ketchup Green & Yellow Beans Dinner Roll Fresh Fruits, Milk</p>

**Veggie sticks and bread may change without notice based on availability.

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HOT LUNCH SELECTIONS	HOT LUNCH SELECTIONS
<p>WEEK 3 <u>MONDAY</u></p> <p>Chicken Meatballs in Rose Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Carrot and Cucumber Sticks Corn Bread Fresh Fruits, Milk</p>	<p>WEEK 4 <u>MONDAY</u></p> <p>Beef Bolognese Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper and Cucumber Sticks Pumpernickel Bread Fresh Fruits, Milk</p>
<p><u>TUESDAY</u></p> <p>Turkey & Vegetable Soup Salami, Chicken and Cheese Submarine Mustard Sausage Bun Fresh Fruits, Milk</p>	<p><u>TUESDAY</u></p> <p>Fish Sticks Quinoa Ketchup Baby Carrots Whole Wheat Bun Fresh Fruits, Milk</p>
<p><u>WEDNESDAY</u></p> <p>Chili Chicken Rice Pilaf Yellow Beans & Celery Sticks Whole Wheat Bun Fresh Fruits, Milk</p>	<p><u>WEDNESDAY</u></p> <p>Chicken Breast Burger Fried Rice Burger Sauce Cauliflower Floret & Baby Corn Burger Bun Fresh Fruits, Milk</p>
<p><u>THURSDAY</u></p> <p>Beef Lasagna Mixed Green Salad, Dressing Whole Wheat Bread Fresh Fruits, Milk</p>	<p><u>THURSDAY</u></p> <p>Beef Tacos Lettuce, Sour Cream Cheese Whole Wheat Flour Tortillas Fresh Fruits, Milk</p>
<p><u>FRIDAY</u></p> <p>Fish Pollack Burger Rice Pilaf Ketchup Baby Carrots Pull Apart Bun Fresh Fruits, Milk</p>	<p><u>FRIDAY</u></p> <p>Chicken Kafta with Feta and Spinach Roast Potatoes and Bell Peppers Ketchup Hot Dog Bun Fresh Fruits, Milk</p>

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