

Princeton Charter School - Lunch Menu 2014-2015

(\*) Can provide veg option

(V) Vegetarian meal

New items

	Week 1 - 10/06 - 10/10	Week 2 - 10/13 - 10/17	Week 3 - 10/20 - 10/24	Week 4 - 10/27 - 10/31	Week 5 - 11/3 - 11/7
<b>Monday</b>	Wholegrain spaghetti w/ meatballs and tomato sauce (*)	Wholegrain ravioli w/meatsauce (*)	Chicken Alfredo w/ wholegrain pasta (*)	Wholegrain macaroni and cheese (V)	Veggie lasagna rollatini (V)
	Broccoli	Spinach	Broccoli	Peas and carrots	Baby carrots w/ ranch dressing
	Apple sauce	Fresh apple	Fresh apple	Fresh apple	Fresh apple
<b>Tuesday</b>	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
<b>Wednesday</b>	Grilled veggie wrap w/ mozzarella cheese (V)	Wholegrain cheese pizza (V)	Eggplant wrap(V)	Ham and cheese sub (*)	Grilled chicken wrap w/ Provolone cheese
	Coleslaw	Baby carrots w/ ranch dressing	Wholegrain macaroni salad	Corn w/ tomato and cucumber	Romaine salad w/ cucumber, tomato & balsamic dressing
	Fresh fruit salad	Fresh orange	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad
<b>Thursday</b>	Sloppy Joe on a wholewheat bun	Half Day - Conferences	Wholegrain cheese pizza (V)	Tex Mex w/ beans, cheese and whole grain chips	Hamburger on wholewheat bun w/mayo and ketchup
	Baked fries	No lunch	Baby carrots w/ ranch dressing	Baby carrots	Bean salad
	Fresh apple		Fresh orange	Fresh apple	Fresh apple
<b>Friday</b>	Wholegrain cheese pizza (V)	Half Day - Conferences	Half Day	Wholegrain cheese pizza (V)	Wholegrain cheese pizza (V)
	Baby carrots w/ ranch dressing	No lunch	No lunch	Baby carrots w/ ranch dressing	Baby carrots w/ ranch dressing
	Fresh orange			Fresh orange	Fresh orange