

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 - 10/12 - 10/16	Week 2 - 10/19 - 10/23	Week 3 - 10/26 - 10/30	Week 4 - 11/02 - 11/06	Week 5 - 11//09 - 11/13
Monday	Wholegrain spaghetti w/ meatballs & 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
Tuesday	Teriyaki chicken w/ brown rice	Chicken Parmasan w/ tomato sauce and wholegrain pasta	Grilled chicken strips	Wholegrain chicken nuggets 6 - 4	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	Wholegrain cheese pizza (V)	Eggplant wrap with mozzarella cheese and tomato sauce(V)	Ham sub OR cheese sub (V)	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
Thursday	Sloppy Joe on a wholewheat bun	Half Day	Wholegrain cheese pizza (V)	Tex Mex w/ beans, cheese and whole grain chips	Wholegrain cheese pizza (V)
	Baked fries	Parent Conferences	Baby carrots w/ ranch dressing	Baby carrots	Baby carrots w/ ranch dressing
	Fresh apple	No lunch	Fresh orange	Fresh apple	Fresh orange
Friday	Wholegrain cheese pizza (V)	Half Day	Half Day	Wholegrain cheese pizza (V)	Half Day
	Baby carrots w/ ranch dressing	Parent Conferences		Baby carrots w/ ranch dressing	Professional Development for Faculty and Staff
	Fresh orange	No lunch	No lunch	Fresh orange	No lunch