

APRIL

HARVEST AND SALSA OF THE MONTH!

Look for 🍷Cranberry Spinach Feta Salad, Strawberry Spinach Feta Salad, and 🌿Green Pea Guacamole and Strawberry Salsa on our April menu, and Sundried Tomato Grain Salad on salad bars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>ON THE MENU! Hamburger^{ABF GF} – April 3 & 18</p>	<p>1 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>2 Spaghetti Marinara and Turkey Meatballs Spaghetti Marinara with Cheese</p>	<p>3 Hamburger^{ABF GF} Chili Smothered Baked Potato with Biscuit Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>4 Chicken Strips^{ABF} with Dipping Sauce & Garlic Bread Tofu Bibimbap</p>	<p>5 French Toast Casserole with Turkey Sausage^{GF} and Berry Sauce^{GF} Toasted Cheese Sandwich^(GF available)</p>	<p>6 </p>
7	<p>8 Veggie Enchiladas Cheese Pizza Pesto Pizza</p> <p>MEATLESS MONDAY</p>	<p>9 All-Beef Hot Dog^{ABF NNF GF} Veggie Burrito BBQ Baked Beans^{GF}</p>	<p>10 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌿Green Pea Guacamole^{GF}</p>	<p>11 Oven Fried Chicken^{ABF} with Brown Rice^{GF} Green Chili Tamales^{GF} with Refried Beans^{GF} 🍷Cranberry Spinach Feta Salad^{GF}</p>	12	13
14	15	<p>16 BBQ Pulled Pork^{GF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>17 Casey/Summit Chicken^{ABF} & Waffles Macaroni & Cheese</p>	<p>18 Hamburger^{ABF GF} Chickpea Masala^{GF} with Flatbread Cheeseburger^{ABF GF} Oven Baked Fries^{GF}</p>	<p>19 Beef^{ABF GF} Soft Tacos with Housemade Salsa Spaghetti Marinara with Cheese</p>	20
21	<p>22 Crispy Chicken Filet^{ABF} Sandwich Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>23 All-Beef Hot Dog^{ABF NNF GF} Fireside Broccoli Cheese Stuffed Potato^{GF} with Biscuit BBQ Baked Beans^{GF}</p>	<p>24 Beef Nachos^{ABF GF} with Cheese Sauce Bean Nachos^{GF} with Cheese Sauce Brown Rice^{GF} 🌿Strawberry Salsa^{GF}</p>	<p>25 Oven Roast Chicken^{ABF GF} with Brown Rice^{GF} Cheese Calzone 🍷Strawberry Spinach Feta Salad^{GF}</p>	<p>26 Roast Turkey^{GF} Dinner with Mashed Potatoes^{GF}, Gravy & Dinner Roll Veggie Quesadilla</p>	27
28	<p>29 Homestyle Turkey Meatball Sub Cheese Pizza Pepperoni Pizza^{ABF NNF}</p>	<p>30 Centennial Chicken^{GF} Street Taco Macaroni & Cheese</p>	<p>ON THE MENU! Oven Fried Chicken^{ABF} – April 11</p> 	<p>ON THE MENU! BBQ Pulled Pork Sandwich – April 16</p> 	<p>ON THE MENU! Crispy Chicken Filet^{ABF} Sandwich – April 22</p> 	<p>ON THE MENU! Beef Nachos^{ABF GF} with Cheese Sauce – April 10 & 24</p> 

Find allergen information, menu updates and more at bvsd.org/food

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily. Gluten Free choices (available without the bun) are designated with a "GF" symbol. Hormone- and antibiotic-free choices are designated with a "ABF" symbol. Nitrate- and nitrite-free choices are designated with a "NNF" symbol. Menu subject to change.

Greenwich Academy

April 2019

<p>Monday 4/1 <u>Monday Lunch</u> <u>Soup</u> Vegetable Minestrone <u>Entree</u> Pasta Tortellini with Marinara or Bolognese Sauce <u>Sides</u> Steamed Broccoli & Peppers Herb Focaccia</p>	<p>Tuesday 4/2 <u>Tuesday Lunch</u> <u>Soup</u> Rice & Lentil Soup <u>Entree</u> BBQ Glazed Chicken Thighs <u>Sides</u> Roasted Vegetable Medley Steamed Orzo</p>	<p>Wednesday 4/3 <u>Wednesday Lunch</u> <u>Soup</u> Broccoli & Cheddar <u>Entree</u> Teriyaki Pork Loin <u>Sides</u> Lo Mein Noodles Sauteed Bok Choy & Vegetables</p>	<p>Thursday 4/4 <u>Thursday Lunch</u> <u>Soup</u> Hearty Chicken & Vegetable <u>Entree</u> Taco Bar Beef Pico Soft Tortilla or Hard Taco Shell <u>Sides</u> Rice & Black Beans Chili Roasted Vegetables <u>Toppings</u> Salsa, Guacamole, Sour Cream, Shredded Lettuce & Cheddar</p>	<p>Friday 4/5 <u>Friday Lunch</u> <u>Soup</u> New England Clam Chowder <u>Entree</u> Traditional Cheese or Pepperoni Pizza <u>Sides</u> Steamed Vegetable Medley</p>
<p>Monday 4/8 <u>Monday Lunch</u> <u>Soup</u> Ham & Split Pea <u>Entree</u> Penne Pasta with Marinara & Nut Free Pesto Cream Sauce <u>Sides</u> Balsamic Roasted Vegetables Garlic Bread</p>	<p>Tuesday 4/9 <u>Wednesday Lunch</u> <u>Soup</u> Butternut Squash <u>Entree</u> Sloppy Joe with White Bun <u>Sides</u> Steamed Carrots Roasted Red Bliss Potatoes</p>	<p>Wednesday 4/10 <u>Wednesday Lunch</u> <u>Soup</u> Creamy Asparagus <u>Entree</u> Chicken Pot Pie <u>Sides</u> Steamed Green Beans Couscous Pilaf <u>Panini Day</u> Tomato, Mozzarella & Nut Free Pesto</p>	<p>Thursday 4/11 <u>Greenwich Breakfast for Lunch</u> <u>Soup</u> Beef & Vegetable Barley <u>Entree</u> French Toast & Maple Syrup Scrambled Eggs Turkey Sausage <u>Sides</u> Broccoli & Garlic <u>Panini Day</u> Bacon, Caramelized Onion & Muenster</p>	<p>Friday 4/12 <u>Friday Lunch</u> <u>Soup</u> Cumin Black Bean <u>Entree</u> Cheese Quesadilla Toppings: Shredded Lettuce, Sour Cream, Cheddar & Salsa <u>Sides</u> Steamed Vegetable Medley Brown Rice Pilaf <u>Chopped Salad</u></p>
<p>Monday 4/15 <u>Monday Lunch</u> <u>Soup</u> Vegetable Lentil <u>Entree</u> Meatball Wedge <u>Sides</u> Marinara Sauce Cheesy Polenta Honey Glazed Carrots</p>	<p>Tuesday 4/16 <u>Tuesday Lunch</u> <u>Soup</u> Carrot & Ginger <u>Entree</u> Sesame Chicken <u>Sides</u> Scallion & Ginger Rice Soy Roasted Vegetables <u>Panini Day</u> Cubano</p>	<p>Wednesday 4/17 <u>Wednesday Lunch</u> <u>Soup</u> Rosemary White Bean <u>Entree</u> Baked Potato Bar Beef Chili Bacon Bits Cheese Sauce <u>Sides</u> Steamed Broccoli & Red Peppers <u>Panini Day</u> Smoked Turkey, Swiss & Mushroom</p>	<p>Thursday 4/18 <u>Thursday Lunch</u> <u>Soup</u> Potato & Leek <u>Entree</u> BBQ Pork Loin <u>Sides</u> Steamed Vegetable Medley Brown Rice Pilaf <u>Panini Day</u> Hummus, Feta & Spinach <u>Chopped Salad</u></p>	<p>Friday 4/19 <u>School Closed</u> <u>Good Friday</u></p>

Monday 4/22 4/22/2019 <u>Monday Lunch</u> <u>Soup</u> Green Split Pea <u>Entree</u> Luis's Baked Macaroni & Cheese <u>Sides</u> Roasted Vegetable Medley <u>Panini Day</u> Italian Combo	Tuesday 4/23 <u>Tuesday Lunch</u> <u>Soup</u> Three Bean & Swiss Chard <u>Entree</u> Grilled Ham Steak <u>Sides</u> Steamed Carrots & Cauliflower Roasted Sweet Potatoes <u>Panini Day</u> Turkey Pastrami Reuben	Wednesday 4/24 4/24 <u>Wednesday Lunch</u> <u>Soup</u> Miso, Scallion & Tofu <u>Entree</u> Vegetable Lo Mein <u>Sides</u> Roasted Green Beans Chicken Potstickers Vegetable Edamame Potstickers	Thursday 4/25 4/25 <u>Thursday Lunch</u> <u>Soup</u> French Onion <u>Entree</u> Chicken Cacciatore <u>Sides</u> Steamed Broccoli White Rice Pilaf <u>Panini Day</u> Macaroni & Cheese	Friday 4/26 4/26 <u>Friday Lunch</u> <u>Soup</u> Chicken & Rice <u>Entree</u> Cheese Beef Sliders Beef Sliders Veggie Sliders <u>Sides</u> Waffle Fries Steamed Vegetables
Monday 4/29 <u>Monday Lunch</u> <u>Soup</u> Stuffed Red Pepper <u>Entree</u> Pasta Primavera with Alfredo & Marinara Sauce <u>Sides</u> Steamed Vegetable Medley Herb Focaccia	Tuesday 4/30 <u>Tuesday Lunch</u> <u>Soup</u> Tomato & Basil Bisque <u>Entree</u> Grilled Cheese with Pullman White Bread <u>Sides</u> Coleslaw Tater Tots Steamed Green Beans			

Daily Offerings

Deluxe Salad Bar Includes: Mixed Greens, Local When Available, Grains, Legumes, House Made Salad Dressings, Seasonal Vegetables.

Premium Deli Selection: Brown Forest Ham. Oven Roasted Turkey Breast, Genoa Salami & Assorted Sliced Cheeses.

Tuna Salad, Chicken Salad or Cage-Free Egg Salad.

An Array of Rustic Breads, Whole Grain, Rolls & Bagels.

Whole Milk, 2% Milk, Low-Fat Chocolate Milk, 100% Fruit Juices & Flavored No Sugar Waters.

Water Works

Special Grilled Panini Sandwich of the Day

Milk is from Local Dairies and is Antibiotic & Hormone Free
Fruits & Vegetables are from Local Farmers when available.

Menu is Subject to changes & Substitutions due to product

Anthony Smeraglino | Director of Dining Services



West Elementary School

April 2019

Student Hot Lunch: \$3.50

Includes:

Main entree, vegetables, whole fruit
Choice of milk, small juice or water

Qualifying Reduced Price \$1.00

Parents of students with Allergies: Please contact Michelle Santelli
michelle.santelli@ncps-k12.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Tenders- Seasoned Carrots Assorted Dipping Sauces	2 Hebrew National Beef Hot Dog- Whole Grain Bun Baked Classic Fries	3 Classic Cheese Pizza- Regular or Multigrain Crust Non GMO - Tomato Sauce Natural Mozzarella Cheese Assorted Toppings	4 Chicken Souvlaki- Lemon Marinated Chicken Tzatziki Sauce Vegetable Orzo Whole-Grain Pita Garden Salad	5 Barilla Pasta Bar- Choice of White or Wheat Choice of Plain, Non GMO - Marinara Sauce, Bolognese or Meatballs Caesar Salad
8 Crispy Chicken Tenders- Seasoned Corn Assorted Dipping Sauces	9 Grilled Cheese- Whole-Grain Grilled Cheese or w/ Ham Cherry Tomatoes Cucumber Slices	10 Classic Cheese Pizza- Regular or Multigrain Crust Non GMO - Tomato Sauce Natural Mozzarella Cheese Assorted Toppings	11 Brunch for Lunch- Whole-Grain Pancakes Breakfast Sausage Berry Sauce, Warm Syrup Baked Potato Wedges	12 Barilla Pasta Bar- Choice of White or Wheat Choice of Plain, Non GMO - Marinara Sauce, Bolognese or Meatballs Garden Salad
April Break	April Break	April Break	April Break	April Break
22 Crispy Chicken Tenders- Seasoned Broccoli Florets Assorted Dipping Sauces	23 Macaroni & Cheese- Barilla Baked Pasta, Panko Cheddar Cheese Sauce Sautéed Broccoli	24 Classic Cheese Pizza- Regular or Multigrain Crust Non GMO - Tomato Sauce Natural Mozzarella Cheese Assorted Toppings	25 Nachos- Seasoned Angus Beef Natural Cheddar Cheese Lettuce, Tomato, Salsa Crispy Tortilla Round Chips	26 Barilla Pasta Bar- Choice of White or Wheat Choice of Plain, Non GMO - Marinara Sauce, Bolognese or Meatballs Garden Salad
29 Crispy Chicken Tenders- Seasoned Carrots Assorted Dipping Sauces	30 Brunch for Lunch- Whole-Grain Pancakes Breakfast Sausage Berry Sauce, Warm Syrup Baked Potato Puffs	Daily Lunch Choices: \$3.50 (Includes fruit, vegetables, choice of milk, small juice or small water A) Hot Lunch (see menu below) B) Boar's Head Deli Meat & Cheese Sandwich Lunch C) Sunbutter & Jelly Sandwich Lunch D) Bagel Lunch (Small bagel, yogurt, cheese stick) E) Fun Lunch (Pinwheels or Cheese, Fruit, Crackers)		Daily Soups M- Chicken Noodle T- Chicken & Pastina W- Chicken & Orzo TH- Chicken Tortellini F- Chicken & Rice

April 2019

Harbor School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Entrée <ul style="list-style-type: none"> Meatloaf Garlic Roll OR Chicken Alfredo and Garlic Roll Sides <ul style="list-style-type: none"> Mashed Potatoes Crispy Kale Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	2 Entrée <ul style="list-style-type: none"> Soft Shell Beef Tacos Yellow Rice OR Chicken Alfredo and Garlic Roll Sides <ul style="list-style-type: none"> Stewed Beans Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	3 Entrée <ul style="list-style-type: none"> Sloppy Joe OR Chicken Alfredo and Garlic Roll Sides <ul style="list-style-type: none"> Roasted Potato Wedges Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	4 Entrée <ul style="list-style-type: none"> BBQ Chicken OR Chicken Alfredo and Garlic Roll Sides <ul style="list-style-type: none"> Slow Roasted Carrots Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	5 Entrée <ul style="list-style-type: none"> Fried Rice w/ a Chicken Skewer OR Chicken Alfredo and Garlic Roll Sides <ul style="list-style-type: none"> Broccoli Kale Salad Carrot Sticks Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich
8 Entrée <ul style="list-style-type: none"> Meatball Grinder OR Pasta Bolognese and Garlic Roll Sides <ul style="list-style-type: none"> Crispy Kale Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	9 Entrée <ul style="list-style-type: none"> Whole Grain French Toast Chicken Sausage OR Pasta Bolognese and Garlic Roll Sides <ul style="list-style-type: none"> Home Fried Potatoes 100% Fruit Juice Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	10 Entrée <ul style="list-style-type: none"> Beef Nachos OR Pasta Bolognese and Garlic Roll Sides <ul style="list-style-type: none"> Bean Dip Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	11 Entrée <ul style="list-style-type: none"> Caribbean Chicken Spanish Rice & Beans OR Pasta Bolognese and Garlic Roll Sides <ul style="list-style-type: none"> Roasted Sweet Potatoes Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	12 Entrée <ul style="list-style-type: none"> Cheeseburger Sides <ul style="list-style-type: none"> Roasted Potato Wedges Kale Salad Carrot Sticks Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich
15 Spring Break- No School	16 Spring Break- No School	17 Spring Break- No School	18 Spring Break- No School	19 Spring Break- No School
22 Entrée <ul style="list-style-type: none"> Chili Con Carne Cornbread OR Cheese Ravioli and Garlic Roll Sides <ul style="list-style-type: none"> Baked Potato Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	23 Entrée <ul style="list-style-type: none"> Chicken Souvlaki Naan Bread OR Cheese Ravioli and Garlic Roll Sides <ul style="list-style-type: none"> Greek Vegetable Salad Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	24 Entrée <ul style="list-style-type: none"> Beef Enchiladas Yellow Rice OR Cheese Ravioli and Garlic Roll Sides <ul style="list-style-type: none"> Stewed Beans Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	25 Entrée <ul style="list-style-type: none"> Peruvian Chicken Spanish Rice & Beans OR Cheese Ravioli and Garlic Roll Sides <ul style="list-style-type: none"> Roasted Sweet Potatoes Broccoli Kale Salad Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich 	26 Entrée <ul style="list-style-type: none"> Cheeseburger Sides <ul style="list-style-type: none"> Roasted Potato Wedges Kale Salad Carrot Sticks Salad <ul style="list-style-type: none"> Chicken Caesar Salad Sandwich <ul style="list-style-type: none"> Turkey Sandwich Tuna Sandwich Sunbutter & Jelly Sandwich

29**Entrée**

- Meatloaf
- Garlic Roll
- OR
- Chicken Alfredo and Garlic Roll

Sides

- Mashed Potatoes
- Crispy Kale
- Broccoli
- Kale Salad

Salad

- Chicken Caesar Salad

Sandwich

- Turkey Sandwich
- Tuna Sandwich
- Sunbutter & Jelly Sandwich

30**Entrée**

- Fried Rice w/ a Chicken Skewer
- OR
- Chicken Alfredo and Garlic Roll

Sides

- Broccoli
- Kale Salad

Salad

- Chicken Caesar Salad

Sandwich

- Turkey Sandwich
- Tuna Sandwich
- Sunbutter & Jelly Sandwich

Daily Food Items: Gluten Free and Vegetarian Menu Options Available Upon Request , , Sandwich , Turkey Sandwich, Tuna Sandwich, Sunbutter & Jelly Sandwich, Salad , Chicken Caesar Salad, **Beverages** , 1% White Milk, Skim White Milk, **Sides** , Broccoli, Kale Salad, Fresh Fruit

More Details: newlondon.nutrislice.com/menu/early-childhood-center-harbor-school/lunch/

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KID'S STOP Cafe



eat. learn. live.



Vegetarian
Item



Locally
Grown



Food
Focus

Westport Elementary School: April

Alternate	Monday-1	Tuesday-2	Wednesday-3	Thursday-4	Friday-5
B-Sunbutter & Jelly C-Bowtie Bento Box D-Popcorn Chicken Salad E-Tomato Soup	Golden Toasty Grilled Cheese with Tomato Soup	Sloppy Joe Sandwich Tater Tots	Golden Brown French Toast with 2 Turkey Sausage Patties	Bacon Pizza or Cheese Pizza	3 Crispy Chicken Tenders With Dipping Sauce

Alternate	Monday-8	Tuesday-9	Wednesday-10	Thursday-11	Friday-12
B-Chicken Caesar Wrap C-Bistro Bento Box D-Chicken BLT Salad E-Chicken Noodle Soup	Mozzarella Cheese Stuffed Breadsticks with Marinara Dipping Sauce	All Beef Hot Dog Tater Tots	Crispy Golden Waffles with 2 Turkey Sausage Patties	BBQ Chicken Pizza or Cheese Pizza	Penne Pasta Bar Topped with Homestyle Marinara Sauce or Meat Sauce

Alternate	Monday-15	Tuesday-16	Wednesday-17	Thursday-18	Friday-19
	Closed for Spring break	Closed for Spring break	Closed for Spring break	Closed for Spring break	Closed for Spring break

Alternate	Monday-22	Tuesday-23	Wednesday-24	Thursday-25	Friday-26
B-Tuscan Chicken C-Brunch Bento Box D-Chicken Caesar Salad E-Chicken Noodle Soup	Macho Nachos With Black Bean & Corn Or Seasoned Ground Beef	Italian Meatballs With Sauce & Cheese	Crispy Golden Waffle with 2 Turkey Sausage Patties	Pepperoni Pizza or Cheese Pizza	Penne Pasta Bar Topped with Homestyle Marinara Sauce or Meat Sauce

Alternate	Monday-29	Tuesday-30	Wednesday	Thursday	Friday
B-Sunbutter & Jelly C-Bowtie Bento Box D-Popcorn Chicken Salad E-Tomato Soup	Golden Toasty Grilled Cheese with Tomato Soup	Sloppy Joe Sandwich Tater Tots		For more detailed descriptions and nutritional info, go to Westport.nutrislice.com	Vegetarian Options available every day! Just ask!