

COCINA DE RON FALL SELECTIONS

2023/2024 SCHOOL YEAR MENU



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Gnocchi with Marinara Sauce, Side Veggies, and Fruit	Vegetarian Pabellón (White Rice, Black Beans, Sweet Plantains) and Fruit	Mac & Cheese with Corn Nuggets and Fruit	Bean Burrito with Cheese and Pico de Gallo and Fruit	Pizza with Side Veggies (Potatoes, Carrots or Butternut Squash)

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Alfredo Pasta with Veggies, Vegetarian Nuggets, and Fruit	Lentil Soup with Spanish Rice and Fruit	Soup of the Day (Broccoli, Mushroom, or Butternut Squash) Bread and Fruit	Vegetable Lasagna with Bread and Fruit	Veggie Chicken Sandwich with Lettuce, Tomato, sweet Potatoes Fries and Fruit

FRUIT AND SNACK ROTATIONS

	FRUIT				
	Watermelon	Banana	Apple	Pear	Strawberry
SNACKS	Vanilla Yogurt	Mixed Fruit	Croissants	Crackers and Cheese	Pita Bread & Sun butter

MENU NOTES:

- All meals are vegetarian
- Days subject to modification based on availability
- Grains and Dairy are organic when available
- Produce from the Farm & Garden is used when available
- Students use their own Water Bottles
- Menu Version: 09.25.23