

This Week at The Green Vale School



	MONDAY January 18	TUESDAY January 19	WEDNESDAY January 20	THURSDAY January 21
Entrées	No School	Taco Tuesday	All Beef Hot Dog	Pizza
Sides	Martin Luther King Day	Lettuce, Salsa, Cheese, Sour Cream	Corn	Pepperoni, Sausage, Roasted Vegetables
Dessert				Chocolate Chip Cookie

Available Daily at The Green Vale School



Sandwich Bar

White and Whole Wheat
*Gluten Free, Rye and
Pumpernickle Breads available
upon request

Boar's Head Low Sodium/All
Natural Turkey Breast, Ham, Roast
Beef,* Bologna, Salami, Grilled
Chicken, Tuna Salad, Chicken
Salad and Egg Salad

American, Swiss, Provolone and
Mozzarella Cheeses



Salad Bar

Romaine, Spinach, Boston,
Escarole, Kale, Arugula

Lettuce, Tomato, Carrots, Beans,
Celery, Roasted Vegetables,
Cucumbers, Hard-boiled Egg,*
Avocado, Hummus, Quinoa,
Barley, Farro, Kasha

Balsamic Vinaigrette, Ranch,
Russian, Italian, Blue Cheese,
Caesar, Extra Virgin Olive Oil &
Vinegar, Seasonal Dressings



Composed Salad

Chef's Selection of Protein, Grain
and Vegetable Salads made with
Fresh Seasonal and Local
Ingredients, when available



Fresh Fruit

A Medley of Fresh Seasonal Fruit
including Apples, Bananas,
Oranges, Pears, Melons and more,
based on the time of year and
season



Beverages

House-made Fruit Infused Waters,
Ronnybrook Dairy Organic 2% and
Skim Milk, Lactaid and Soy Milk



Dessert

An Assortment of Fresh Fruit Salad,
Frozen Fruit Bars, Freshly Baked
Cookies, Organic Yogurt

DESSERT SUBJECT TO CHANGE