

Lunch Menu (March 2020)

	MON	TUE	WED	THU	FRI
	2	3	4	5 🍌	6
ENTRÉE	Tzatziki Turkey Cheese Wrap	Creamy Broccoli and Bean Soup	Chicken Fried Rice	Spaghetti with Veggies and Meat Sauce	Marinara Mozzarella Cheese Pizza w/Veggies
VEGETARIAN	Mediterranean Hummus wrap	Creamy Broccoli and Bean Soup	Tofu Fried Rice	Spaghetti with Veggies and Tofu Sauce	Marinara Mozzarella Cheese Pizza w/Veggies
VEGETABLE	*Cucumber, Tomato, Mozzarella Cheese	*Broccoli, Pea, Carrot	*Pea and Carrot, Onion	*Zucchini, Tomato, Onion	*Pepper, Onion, Spinach
FRUIT	Apple Slices	Orange Slices	Orange Slices	Sliced Cantaloupe	Fruit Salad Medley
	9	10 🍌	11	12	13
ENTRÉE	Bean Pasta Salad	Creamy White Bean Corn Chowder	Coconut Curry Chicken Vegetable w/Rice	Mac N Cheese w/Veggies	Focaccia White Sauce Pizza w/Veggies
VEGETARIAN	Bean Pasta Salad	Creamy White Bean Corn Chowder	Coconut Tofu Curry Vegetable w/Rice	Mac N Cheese w/Veggies	Focaccia White Sauce Pizza w/Veggies
VEGETABLE	*Cucumber, Tomato, Onion	*Corn, Pea and Carrot	*Zucchini, Pea and, Carrot	*Pea and Carrot	*Pepper, Onion, Spinach
FRUIT	Watermelon Cubes	Watermelon Cubes	Peach Slices	Apple Slices	Fruit Salad Medley
	1 🍌	17	18	19	20
ENTRÉE	Chicken Bahn Mi	Fiesta Vegetarian Chili	Chicken Pot Sticker	Tuna Noodle Casserole	Marinara Mozzarella Cheese Pizza w/Veggies
VEGETARIAN	Tofu Bahn Mi	Fiesta Vegetarian Chili	Vegetarian Pot Sticker	White Bean Noodle Casserole	Marinara Mozzarella Cheese Pizza w/Veggies
VEGETABLE	*Pickled Carrot and Radish	*Tomato, Green Pepper, Onion	Cucumber and Tomato Salad	*Pea and Carrot	*Pepper, Onion, Spinach
FRUIT	Orange slices	Apple Slice	Peach Slices	Cantaloupe Cubes	Fruit Salad Medley
	23	24	🍌	26	27
ENTRÉE	Quesadillas	Bean Potato Soup	Kalbi Beef and Veggie Bowl w/Rice	Tacosagna Vegetable Casserole	Focaccia White Sauce Pizza w/Veggies
VEGETARIAN	Quesadillas	Bean Potato Soup	Kalbi Tofu and Veggie bowl w/Rice	Tacosagna Vegetable Casserole	Focaccia White Sauce Pizza w/Veggies
VEGETABLE	*Corn and Bean Salad	*Pea, Carrot, Onion	*Zucchini, Onion, Carrot, Pepper	*Corn, Tomato, Black Bean	*Pepper, Onion, Spinach
FRUIT	*Orange Slices	Apple Slice	Orange Slices	Watermelon Cubes	Fruit Salad Medley
	30	31			
ENTRÉE	Turkey Sandwich	Black Bean Soup with Tortilla Chip			
VEGETARIAN	Vegetable Hummus Sandwich	Black Bean Soup with Tortilla Chip			
VEGETABLE	*Cucumber, Tomato, Lettuce	*Green Pepper, Onion			
FRUIT	Mandarins	Apple Slice			

Pre-School Serving Sizes
 Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Veggie inside entree marked with (*)

Grade School Serving Sizes
 Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup