



Lunch Menu

WEEK OF MARCH 23rd



a hands-on approach to fresh food

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Split Pea with Garlic Croutons	Mixed Vegetable Tortilla	(No 6th or 7th Grade) Vegetable Hot and Sour	Cream of Mushroom	Tomato Alphabet Noodle
ENTRÉE	Three Cheese Baked Ziti	Bean, Cheese and Vegetable Enchilada Casserole	Pineapple Teriyaki Salmon	Cauliflower and Quinoa Meatballs	Vegetable Hot Dogs with Pushcart Onions
ACCOMPANIMENTS	Quinoa sautéed with Broccoli with Garlic and Olive Oil	Yellow Rice and Vegetables	Sticky Vegetable Fried Rice	Farfalle with Fresh Marinara Sauce	Oven Roasted Sweet Potato Wedges
ACCOMPANIMENTS	Sautéed Green and Wax Beans with Roasted Tomatoes	Sautéed Zucchini, Squash and Roasted Peppers	Sautéed Broccoli and Bok Choy	Sautéed Vegetable Medley	Sautéed Vegetable Medley
SANDWICH OR WRAP OF THE DAY	Cheddar, Guacamole and Tomato on Ciabatta	Caesar Salad Wrap	Sunflower Butter and Jelly on Whole Wheat Sliced Bread	Tuna Salad on Whole Wheat French Baguette	Greek Salad Stuffed Pita Pockets
Selections Listed Below are Available Daily					
MAKE YOUR OWN <i>Items are Subject to Change Based on Availability</i>	SANDWICH	Ciabatta Roll ▪ Bagels Whole Wheat Bread Rye ▪ Challah Bread Gluten Free Bread Home-style Country Bread	Tuna ▪ Egg Salad ▪ Salmon Salad ▪ Cream Cheese Flavored Cream Cheese ▪ Jellies		
	SALAD	Romaine ▪ Boston Arugula ▪ Escarole Spinach ▪ Kale	CHEESES - Muenster ▪ Swiss ▪ Cheddar ▪ Mozzarella / Condiments		
COMPOSED SALADS	FEATURED SALADS	A Protein Salad A Grain Salad A Vegetable Salad A Special Green Salad	Lettuce ▪ Tomato ▪ Pickled Onion ▪ Roasted Vegetables ▪ Carrots ▪ Beans Celery ▪ Cucumbers ▪ Hard Boiled Eggs ▪ Pickles ▪ Peppers ▪ Olives Croutons ▪ Roasted Vegetables ▪ Tofu ▪ Plain Tuna ▪ Beets		
			Balsamic Vinaigrette ▪ Apple Cider Vinaigrette ▪ Caesar Dressing CTY Dressing (citrus - thyme vinaigrette) ▪ Oil and Vinegar		
BEVERAGES and DESSERTS <i>Items are Subject to Change Based on Availability</i>	BEVERAGES		Homemade Aqua Fresca ▪ Flavored Water ▪ Apple Cider Ronnybrook Milk and Chocolate Milk		
	DESSERTS	Sweet Desserts are Offered Once a Week	Fruit Salad ▪ Whole Fruit ▪ Ice Cream ▪ Frozen Fruit Bars Whole Grain Cookies ▪ Fresh Baked Fruit Desserts ▪ Yogurt		