



MARCH '19 LUNCH MENU

DATE	MENU ITEM
Fri - 3/1	Pizza Friday served with a mixed salad
Mon - 3/4	Turkey sandwich with chips and hummus with sliced vegetables for dipping
Tues - 3/5	Taco bar - make your vegetarian taco with a side of corn
Wed - 3/6	Chicken and vegetable stir fry served with brown rice
Thur - 3/7	Cheese ravioli served with marinara or butter sauce and salad
Fri - 3/8	Scrambled eggs and yogurt bar with fresh fruit and granola
Mon - 3/11	Latkes & applesauce served with Israeli salad, chickpeas, and feta
Tues - 3/12	Grilled cheese and tomato soup
Wed 3/13	NO SCHOOL - Parent/teacher conferences
Thur -3/14	Tuna melt with sweet potato fries, sliced cucumber and red pepper
Fri - 3/15	Pizza served with mixed salad
Mon - 3/18	Macaroni and cheese served with tomato and cucumber salad
Tue - 3/19	Salad bar (beans, lettuce, tomato, hard boiled eggs, tofu, cheese, and croutons) with pita
Wed - 3/20	Breaded fish sticks with tartar sauce and steamed peas and carrots
Thur - 3/21	Vegetarian mild chilli served with sour cream, cheese, and corn muffins
Fri - 3/ 22	Cheese quesadilla served with beans, rice and sliced avocado
Mon - 3/25	Baked potato served with salsa, beans, guacamole, and salad
Tue - 3/26	Egg and cheese quiche served with roasted potatoes and a fruit smoothie
Wed - 3/27	Baked chicken and roasted vegetables
Thur - 3/28	Pizza served with a mixed salad
Fri - 3/29	NO SCHOOL - Professional development day