

LUNCH MENU

March 2010

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|---|--|--|--|---|--|----------|--|--------|--|
| 1 <u>Turkey Pot Pie</u> Pulled Turkey in Gravy 4-oz Egg Noodles 1/2-cup Chopped Broccoli 1/2-cup Biscuit 2-oz (1 each) Orange <u>Vegetarian</u> Veggie Chicken Nuggets | 2 <u>Meatloaf</u> Meatloaf 3-oz Tomato Gravy 1-oz Scalloped Potatoes 1/2-cup Glazed Carrots 1/2-cup Dinner Roll 1-oz Yellow Banana <u>Vegetarian</u> Veggie Burger | 3 <u>BBQ Chicken Sandwich</u> BBQ Chicken 3-oz Wheat Bun 2-oz (1 whole) Mayo/Ketchup Packet 0.9-gm Baked Beans 1/2-cup Cole Slaw 1/2-cup Fresh Pear <u>Vegetarian</u> Falafel in Pita | 4 <u>Chef Salad</u> Turkey 2-oz, Egg 1-oz Cheese 1-oz Salad Mix 1-cup Salad Dressing 1.5-oz Pita 1.5-oz (1 each) Chilled Peaches 1/2-cup <u>Vegetarian</u> Veggie Wrap with Hummus | 5 <u>Salisbury Steak</u> Salisbury Steak 3-oz (1 each) Turkey Gravy 1-oz Brown Rice 1/2-cup Green Beans 1/2-cup Cornbread 2-oz (1 each) Fresh Apple <u>Vegetarian</u> Vegetarian Chili | | | | | |
| 8 <u>Spaghetti & Meatballs</u> Meatballs 3-oz (6 each) Spaghetti Noodles 1/2-cup Squash Medley 1/2-cup Dinner Roll 1-oz (1 each) Fresh Apple <u>Vegetarian</u> Cheese Ravioli | 9 <u>Baked Fried Chicken</u> Fried Chicken 4-oz (2 pieces) Potato Salad 1/2-cup Corn Kernels 1/2-cup Cornbread 2-oz (1 each) Yellow Banana <u>Vegetarian</u> Veggie Chicken Nuggets | 10 <u>Taco Salad</u> Taco Beef 2-oz, Cheese 1-oz Shredded Lettuce 3/4-cup Diced Tomatoes 1/4-cup Taco Sauce Pkt 0.9-gms Tortilla Chips 1-oz Chilled Pineapple 1/2-cup <u>Vegetarian</u> Grilled Veggie Wrap w/ Hummus | 11 <u>Turkey Pot Roast</u> Turkey Pot Roast 4-oz Brown Rice 1/2-cup Collard Greens 1/2-cup Biscuit 2-oz (1 each) Yellow Banana <u>Vegetarian</u> Red Beans and Rice | 12 <u>Cheeseburger</u> Beef Burger 3-oz, Cheese 0.5-oz Hamburger Bun 2-oz (1 each) Ketchup/Mustard Packet 0.9-gms Lettuce/Tomato/Pickle 1/2-cup Potato Wedges 1/2-cup Orange <u>Vegetarian</u> Veggie Burger | | | | | |
| 15 <u>Italian Cold Cuts</u> Cold Cuts 2-oz, Cheese 1-oz Sub Roll 2-oz (1 each) Shredded Lettuce/Tomato 1/2-cup Salad Dressing 1-oz Three Bean Salad 1/2-cup Orange <u>Vegetarian</u> Falafel in Pita | 16 <u>Pepper Steak</u> Pepper Steak 3-oz Brown Rice 1/2-cup Spinach 1/2-cup Yellow Banana <u>Vegetarian</u> Veggie Burger | 17 <u>Chicken Caesar Salad</u> Sliced Chicken 3-oz Romaine Lettuce Mix 1/2-cup Assorted Salad Dressing 1-oz Croutons 0.5-oz Dinner Roll 1-oz (1 each) Mandarin Oranges 1/2-cup <u>Vegetarian</u> Caesar Salad w/ Grilled Tofu | 18 <u>Meatball Sub</u> Meatballs 3-oz (6 each) Marinara Sauce 1/4-cup Sub Roll 2-oz Tossed Salad 1/2-cup Salad Dressing 1-oz Yellow Banana <u>Vegetarian</u> Cheese Ravioli | 19 <u>Chicken Fajitas</u> Seasoned Chicken Strips 3-oz Spanish Rice 1/2-cup Corn Kernels 1/2-cup Tortilla 1.5-oz (2 each) Fresh Apple <u>Vegetarian</u> Vegetarian Chii | | | | | |
| 22 <u>Grilled Chicken Sandwich</u> Grilled Chicken 3-oz, Cheese 1-oz Wheat Bun 2-oz (1 whole) Ketchup/Mayo Packet 0.9-gms Lettuce/Tomato/Pickle 1/2-cup Corn on the Cob 4-oz Chilled Pears 1/2-cup <u>Vegetarian</u> Veggie Burger | 23 <u>Taco Salad</u> Taco Beef 2-oz, Cheese 1-oz Shredded Lettuce 3/4-cup Diced Tomatoes 1/4-cup Taco Sauce Pkt 0.9-gms Tortilla Chips 1-oz Yellow Banana <u>Vegetarian</u> Grilled Veggie Wrap w/ Hummus | 24 <u>Teriyaki Chicken</u> Teriyaki Chicken 3-oz Brown Rice 1/2-cup Chopped Broccoli 1/2-cup Soy Sauce Packet Fresh Apple <u>Vegetarian</u> Vegetarian Fried Rice | 25 <u>All American Hot Dog</u> Beef Hot Dog 3-oz Hot Dog Bun 2-oz Ketchup/Mustard Packet 0.9-gms Baked Beans 1/2-cup Seasoned Fries 1/2-cup Yellow Banana <u>Vegetarian</u> Veggie BBQ Riblet | 26 <u>Tuna Macaroni Salad</u> Tuna Macaroni Salad 8-oz Carrot Sticks 1/2-cup Ranch Dressing 1-oz Crackers 1-oz (3 pkts) Orange <u>Vegetarian</u> Falafel in Pita | | | | | |

8-oz cartons of 1% and 2% plain or flavored milk are offered with each meal.