

# March 2020 - Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast for lunch: Pancakes & eggs Homemade berry jam, Broccoli tots Turkey sausage Cantaloupe	3 Cheese quesadilla Hummus w/ beets, Cucumbers & carrots Berry chia pudding	4 Turkey sloppy joes Baby carrots & celery Oranges	5 Penne al forno w/tomato sauce Steamed vegetables Rolls & Cantaloupe	6 Pizza Seasonal fruit
9 <b>SCHOOL CLOSED SPRING BREAK</b>	10 <b>SCHOOL CLOSED SPRING BREAK</b>	11 <b>SCHOOL CLOSED SPRING BREAK</b>	12 <b>SCHOOL CLOSED SPRING BREAK</b>	13 <b>SCHOOL CLOSED SPRING BREAK</b>
16 Turkey pinwheels Pickles Steam veggies Berry chia pudding	17 Creamy bow tie pasta Broccoli & cherry tomatoes Roll Seasonal fruit tray	18 Grilled chicken tenders Corn bread Green beans & corn Apple Sauce	19 Breakfast sliders, Eggs & sausage Cheese broccoli tots, Seasonal fruit tray	20 Pizza Seasonal fruit
23 Tomato soup Grilled cheese sandwich Steamed broccoli Apples	24 Chicken teriyaki Cauliflower rice Vegetables Cantaloupe	25 Burrito: Eggs & cheese Sweet potatoes, Smashed beans Fruit salad	26 Queso pizza bites Marinara sauce Cheese broccoli Frozen berries	Pizza Seasonal fruit
30 Chicken enchilada Cauliflower rice Green beans Seasonal fruit	31 Vegetable chow main Sautéed edamame Tropical fruit	1 Turkey meat balls, Spaghetti Tomato sauce Garlic bread Chocolate pudding	2 French toast strips w/maple syrup, Scrambled eggs Broccoli tots Turkey B-	

**SAMPLE MENU**

## Ordering Hot Lunch Has Many Benefits

When you order the hot lunch, students receive meals fresh out of the oven. These dishes are made with high quality ingredients, sometimes additions are made from our own gardens! Students are able to see beautifully prepared foods and watch others enjoy eating them. Because of this, children are often more willing to try new foods and eat healthier options.

We source most ingredients locally, so you help businesses from our own community.

Another benefit is the reduction of waste materials such as plastics and other lunch disposables. Foods are provided by age appropriate serving sizes so they take only what they should be eating. We also keep their taste preferences in mind. This all helps eliminate food waste in a significant way.

*Our focus is to offer nutritious, high quality meals in an atmosphere that is both peaceful and independent, a truly unique dining experience.*

*-Chef Liz*

\*A mid-morning snack and a PM extended care snack (for those enrolled) are provided.