

March 2020 Lunch Menu

#1	MON 2nd	TUES 3rd	WED 4th	THURS 5th	FRI 6th
MEAT	Chicken Teriyaki w/ Broccoli and Rice (gf,sf)	Bolognese Pasta Bake w/ Cheese Bread (sf)	Turky or Falafel Meatballs w/ Hummus and Pita (sf)	Pepperoni or Cheese Pizza (sf)	Parmesan Pasta w/ Garlic Bread (sf)
GRAIN					
VEG	Carrots Broccoli	Carrots Zucchini	Vegetable Sticks	Carrots Zucchini	Cauliflo wer Broccoli
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas
#2	MON 9th	TUES 10th	WED 11th	THURS 12th	FRI 13th
MEAT	Butter Chicken w/ Broccoli and Rice (gf,sf)	Lasagna w/ Cheese Bread (sf)	Volcano Meatloaf and Cauliflower Mashed Potatoes	Crispy Chicken Tenders (sf)	Macaroni and Cheese w/ Garlic Bread (sf)
GRAIN					
VEG	Carrots Broccoli	Carrots Zucchini	Cauliflower	Sweetpotato Wedges	Carrots Broccoli
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas
#3	MON 16th	TUES 17th	WED 18th	THURS 19th	FRI 20th
MEAT	Orange Chicken w/ Broccoli and Rice (gf,sf)	Spaghetti and Meatballs w/ Cheese Bread (sf)	BBQ Pulled Pork Sliders w/ Cheese Cauliflower Bake (sf)	Pepperoni or Cheese Pizza (sf)	Alfredo w/ Garlic Bread (sf)
GRAIN					
VEG	Carrots Broccoli	Carrots Zucchini	Cauliflower	Carrots Zucchini	Cauliflo wer Broccoli
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas
#4	MON 23rd	TUES 24th	WED 25th	THURS 26th	FRI 27th
MEAT	Chicken Teriyaki w/ Broccoli and Rice (gf,sf)	Bolognese Pasta Bake w/ Cheese Bread (sf)	Chicken or Cheese Enchaladas w/ Rice and Beans (gf,sf)	Crispy Chicken Tenders (sf)	No Lunch
GRAIN					
VEG	Carrots Broccoli	Carrots Zucchini	Carrots	Sweetpotato Wedges	
FRUIT	Bananas	Oranges	Apples	Oranges	
#5	MON 30th	TUES 31st			
MEAT	Butter Chicken w/ Broccoli and Rice (gf,sf)	Lasagna w/ Cheese Bread (sf)			
GRAIN					
VEG	Carrots Broccoli	Carrots Zucchini			
FRUIT	Bananas	Oranges			

Pre-School Serving Sizes

Meat 1.5 oz, grains 1-2 oz - 1/2 slice - 1/4 cup, vegetables 1/4 cup, fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz, grains 2 - 4 oz - 1 slice - 1/2 cup, vegetables 1/2 cup, fruit 1/2 cup

Middle School Serving Sizes

Meat 4 oz, grains 4 - 6 oz - 2 slices - 1 cup, vegetables 1 cup, fruit 1 cup

All menu items have a vegetarian substitute - See Ingredients List For Details

Gluten Free - gf Soy Free - sf All our food is nut free

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