



Tuxedo Park School

March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Loaded Baked Potato Soup</p> <p>Grilled Salmon Fried Breaded BBQ Tofu</p> <p>Steamed White Rice Roasted Broccoli</p> <p>Chocolate Pudding</p>	<p>3</p> <p>Cream of Tomato Soup</p> <p>American Grilled Cheese Roasted Tomatoes</p> <p>Traditional Hummus, Chocolate Hummus and Pita Chips</p> <p>Sliced Apples with Cinnamon Sugar</p>	<p>4</p> <p>FLIK'S CREATIVE FLAVOR</p> <p>Vegetable Grain Soup</p> <p>All Beef Sloppy Joe's Veggie Sloppy Joe's Seedless Hamburger Bun Roasted Cauliflower</p> <p>Sliced Oranges</p>	<p>5</p> <p>INTERNATIONAL DAY</p> <p>Vegan Lentil Soup Greek Hummus Israeli Couscous</p> <p>Indian Curry Chicken with Basmati Rice Mediterranean Roasted Vegetables</p> <p>Italian Cannoli</p>	<p>6</p> <p>ST. PATTY'S DAY</p> <p>Irish Cheddar Soup</p> <p>Corned beef & Cabbage Irish Soda Bread Steamed Baby Carrots with Parsley</p> <p>Vanilla Cream bread Pudding</p>
<p>9</p> <p>SPRING BREAK</p>	<p>10</p> <p>SPRING BREAK</p>	<p>11</p> <p>SPRING BREAK</p>	<p>12</p> <p>SPRING BREAK</p>	<p>13</p> <p>SPRING BREAK</p>
<p>16</p> <p>SPRING BREAK</p>	<p>17</p> <p>SPRING BREAK</p>	<p>18</p> <p>SPRING BREAK</p>	<p>19</p> <p>SPRING BREAK</p>	<p>20</p> <p>SPRING BREAK</p>
<p>23</p> <p>Navy Bean & Spinach Soup</p> <p>Spaghetti & Meatballs Vegan Marinara Sauce</p> <p>Toasted Garlic Bread Steamed Green Beans</p> <p>Cantaloupe</p>	<p>24</p> <p>Chicken Noodle Soup</p> <p>French Toast Sticks Scrambled Eggs Scrambled Tofu</p> <p>Sautéed Spinach Turkey Sausage Hash Brown Patty</p> <p>Sliced Pineapples</p>	<p>25</p> <p>Cream of Broccoli Soup</p> <p>Slow Roasted Sofrito Pork</p> <p>Steamed Brown Rice & Beans Carolina Cole Slaw</p> <p>Chocolate Fudge Brownies</p>	<p>26</p> <p>Vegan Split Pea Soup</p> <p>Chicken Pot Pie with Roasted Root Vegetables Roasted Vegetable Pot Pie Baked Puff Pastry</p> <p>Steamed Snap Peas</p> <p>Seedless Red Grapes</p>	<p>27</p> <p>Vegetable Minestrone Soup</p> <p>Baked Oven Pizza Baked Oven Cauliflower Pizza</p> <p>Steamed Vegetables</p> <p>Italian Ices Cherry or Lemon</p>
<p>30</p> <p>French Onion Soup</p> <p>Grilled Ham Steaks Baked Macaroni and Cheese</p> <p>Steamed Peas and Carrots</p> <p>Honeydew</p>	<p>31</p> <p>Southwestern Vegetable Soup</p> <p>All Beef Tacos with Salsa, Sour Cream and Cheddar Cheese Spanish Rice Steamed Corn</p> <p>Sliced Oranges</p>			

Daily Offerings:

SALAD BAR: Fresh Greens & Vegetables, Composed Salads, House-Made, Low-Fat Dressings • DELI: House-Made Roast Breast of Turkey • DESSERT: Stonyfield Organic Low-Fat Greek Yogurt, House-Made Granola, Seasonal Cut & Hand Fruit • Assorted Beverages, Revved Up: TPS marinara sauce is Flik's signature, Revved Up Marinara Sauce, created by Flik's Registered Dietitian and Corporate Executive Chef. Revved Up Recipes are an application of recipe enhancement, adding nutritious foods or making appropriate substitution without compromising the integrity of the recipe. Revved Up Marinara contains over 4 cups more vegetables per batch than a conventional marinara sauce • BEVERAGES: Organic Milk, House-Made Infused Water. IF YOU HAVE A FOOD ALLERGY, please speak to the school nurse or the Chef Manager