

ESCNJ

Lunch

March 2 - March 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 W/G Stuffed Shells-2 w/ Spaghetti Sauce Green Beans-3/4c Peach Applesauce Cup-1/2c Milk - 8oz	3 Macaroni & Cheese -6oz. Diced Carrots -1c Mandarin Orange Cup -1/2c W/G Bread Slice-1 Milk - 8oz	4 All Beef Hamburger on Wheat Hamburger Bun-1 Corn -3/4c Fresh Pear-1 Milk-8 oz.	5 W/G Chicken Fries- 3.5oz Vegetarian Beans-3/4c Fresh Banana-1 Wheat Dinner Roll-1 Milk-8oz.	6 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
9 W/G Mini Cheese Quesadillas - 3 Plantains - 3/4c Applesauce Cup - 1/2c Milk - 8oz	10 All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	11 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	12 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Patty-2oz Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	13 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
16 Sliced Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Peach Applesauce Cup-1/2c Wheat Dinner Roll -1 Milk - 8oz	17 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	18 W/G Cheese Manicotti -2 w/ Spaghetti Sauce Diced Carrots -1c Wheat Dinner Roll-1 Fresh Pear-1 Milk-8oz	19 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Sliced Cucumbers -3/4c w/ Dip Fresh Banana-1 Milk - 8oz	20 W/G Turkey & Beef Pepperoni Pizza Pocket-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
23 W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Applesauce Cup - 1/2c Milk - 8oz	24 W/G Cheese Ravioli w/ Beef Meat Sauce -3oz Corn - 3/4c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	25 All Beef Italian Wheat Sub-1 (Beef Bologna, Beef Salami, & American Cheese Sub) Sliced Cucumbers -3/4c w/ Dip Fresh Pear-1 Milk-8oz	26 Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Fresh Banana-1 Wheat Dinner Roll-1 Milk-8oz	27 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
30 Chicken Burger on Wheat Hamburger Bun-1 Vegetarian Beans - 3/4c Peach Applesauce Cup-1/2c Milk - 8oz	31 Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 3/4c Fresh Apple-1 Milk - 8oz			