

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheeseburger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Carrot Sticks	2 Sun Butter & Jelly with Goldfish Crackers FEATURED VEGGIES	3 Spring Break
6	7	8	9	10
13 Grilled Cheese & Tomato Soup Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Oven Fries Green Beans	14 Walking Taco with Pretzel Stick <i>Tuna Salad</i> <i>Turkey Hoagie</i> FEATURED VEGGIES Mexicali Corn Rice & Beans	15 Pizza Dippers with Marinara Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tater Tots Carrots	16 Chicken Alfredo over Penne Pasta Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	17 Cheese Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Cherry Tomatoes Cucumber Slices
20 Cowboy Burger on a Bun Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Steamed Broccoli Cucumber Slices	21 Spaghetti & Meatballs Tuna Salad Turkey Hoagie FEATURED VEGGIES Latin-Inspired Beans Golden Corn	22 French Toast Sticks with Sausage Links Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Tri Patty Taters Carrot Sticks	23 Macaroni & Cheese Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw	24 Cheesy Pizza Tuna Salad Italian Hoagie FEATURED VEGGIES Steamed Green Beans Baby Carrots
27 Chicken & Mashed Potato Bowl with Roll Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Mashed Potatoes Baby Carrots	28 Nachos Grande with Tortilla Chips Tuna Salad Turkey Hoagie FEATURED VEGGIES Latin-Inspired Beans Tomato Salad	29 Baked Ziti Buffalo Chicken Salad Italian Hoagie FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	30 Chicken Patty on a Bun Chicken Cesar Salad Turkey Hoagie FEATURED VEGGIES Steamed Corn Romaine Salad	

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Daily Alternates

½ Cheese & Yogurt Meal with Goldfish Crackers

Melted Cheese Sandwich

Sun Butter & Jelly Meal with Cheese stick & Goldfish Crackers

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Jennifer Michener, Food Service Director
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Meal Prices

Student Lunch	\$5.00
Reduced Lunch	\$0.00
Faculty Lunch	\$6.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES