

BABY



Black Bean

**Meet Your Nutritious Friend:
Baby Black Bean**

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

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

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Meal Prices

Student Lunch \$5.25
Reduced Lunch \$0.00
Faculty Lunch \$6.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES