

What's for lunch?

March 1-5

Monday

Tuesday

Wednesday

Thursday

Friday

Entrée

^D^G Baked Ziti & Garlic Bread _{G S D}

Sweet & Sour Beef Meatballs Over White Rice

^G^S^D Cheese Pizza Bagel with a side of Pepperoni _P

^S^G Chicken Nuggets with Tater Tots _S

Beef Sloppy Joe's _{S G}

Vegetarian & Allergen Free Entrée

Gluten Free Pasta Pomodoro with Fresh Basil

^E^G^S^D Asian Style Rice Bowl with Stir Fried Vegetables

Gluten Free & Dairy Free Pizza *contains coconut & chickpea _C

Rice Noodles with Broccoli & Olive Oil

Quinoa Bowl with Roasted Butternut Squash

Chef Special Sandwich

Turkey Wrap with Roasted Red Peppers and Pesto Aioli

_{E G S D}

Pork Banh Mi

_{E G S P}

Italian Sub with Salami, Ham & Provolone

_{P G S D}

Chicken Cutlet Hoagie with Cheddar

_{G S D}

Sliced Steak & Provolone Sub

_{G S D}

Chef Special Salad

Chopped Salad with Turkey, Cheddar & Roasted Peppers _D

Chinese Style Chicken Salad with Mandarin Oranges & Snow Peas _S

Italian Antipasto Salad with Beef Salami, Turkey & Cheese _D

Chicken Cutlet Salad over Romaine with Cherry Tomatoes & Dressing _{S G D}

Kale Salad with Roasted Butternut Squash & Pepitas

Side of the Day

Baby Carrots

Broccoli

Grape Tomatoes

Tater Tots

_S

Sliced Cucumbers

Daily Whole & Cut Fruit

Apples

Orange Wedges

Fruit Cup

Grapes

Melon Cup

Each daily lunch will include individually packaged yogurt with a side of granola and shredded or cubed cheese. Alternative sandwiches including sunflower butter and jelly, cheese, and turkey, and will be available daily, along with Gluten Free bread. Plain pasta will be available on Tuesday, Wednesday & Thursday.

Please note the breads and wraps used for the specialty sandwiches contain soy. We offer a daily vegetarian & allergen-free entree void of all common allergens, along with an allergen-free sandwich alternative. On Fridays, we offer a homemade dessert (GF & DF dessert available).

NON-VEGETARIAN VEGETARIAN ^D CONTAINS DAIRY ^G CONTAINS GLUTEN ^E CONTAINS EGG ^S CONTAINS SOY ^A CONTAINS SESAME ^P CONTAINS PORK ^C CONTAINS CHICKPEA

What's for lunch?

March 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Penne Alfredo with Peas ^{(D) (G)}	Spanish Chicken & Rice Burrito Bowl ^(D)	Beef Cheeseburgers with Fixings ^{(G) (S) (D)}	French Toast & Turkey Bacon ^{(D) (E) (S) (G)}	BBQ Pulled Chicken Sandwich ^{(A) (G) (S) (D)}
Vegetarian & Allergen Free Entrée	Spaghetti Squash with Roasted Cherry Tomatoes	Rice & Bean Burrito Bowl	Rice Noodles with Stir Fried Vegetables	Gluten Free Breakfast Wrap with Potatoes & Dairy Free Cheddar *contains coconut & chickpea ^(C)	Mediterranean Quinoa Bowl
Chef Special Sandwich	Grilled Chicken Sandwich on Ciabatta ^{(G) (S)}	Roast Beef with Cheddar on Kaiser Roll ^{(S) (G) (D)}	Turkey & Swiss Pinwheels ^{(D) (S) (G)}	Pork Bacon BLT with Hard Boiled Egg on Kaiser Roll ^{(P) (E) (G) (S) (D)}	Falafel Wrap with Hummus, Sprouts & Cucumber ^{(A) (S) (G)}
Chef Special Salad	Grilled Chicken, Tomato & Arugula Salad	Garden Salad with Roasted Vegetables & Goat Cheese ^(D)	Mesclun Greens with Brie, Dried Cranberries & Pepitas ^(D)	Broccoli & Cheddar Quiche over Mixed Greens ^{(D) (E) (G)}	Falafel Salad over Mixed Greens with Cucumber & Tomatoes ^{(A) (S)}
Side of the Day	Peppers	Broccoli	Baby Carrots	Sliced Cucumbers	Corn Salad
Daily Whole & Cut Fruit	Apples	Orange Wedges	Fruit Cup	Grapes	Melon Cup

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What's for lunch?

March 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Cheeseburger Mac & Cheese ^{(G) (D)}	Chicken Teriyaki Drumsticks ^(S)	Beef Hot Dogs (buns contain soy, gluten) ^{(G) (S)}	Jamaican Beef Patties ^{(G) (S)}	Turkey Tacos on Flour Tortilla ^{(G) (S)}
Vegetarian & Allergen Free Entrée	Rice Noodles with Broccoli & Olive Oil	Glass Rice Noodles with Vegetables	Quinoa with Cannellini Beans, Garlic & Spinach	Succotash with Lima Beans, Tomatoes & Corn	Tex Mex Rice Noodles with Black Beans & Corn
Chef Special Sandwich	Turkey & Swiss on Kaiser Roll ^{(G) (S) (D)}	Asian Chicken Sub with Crunchy Vegetables & Ginger Vinaigrette ^{(A) (S) (G)}	Greek Salad Wrap ^{(G) (S) (D)}	Ham & Swiss Slider on Potato Bun ^{(P) (A) (S) (D) (G)}	Grilled Chicken Caesar Wrap ^{(E) (S) (G) (D)}
Chef Special Salad	Chicken Cobb Salad with Turkey Bacon, Hard Boiled Egg, Blue Cheese ^{(E) (D)}	Tofu Teriyaki Salad with Mixed Greens & Snow Peas ^{(A) (S)}	Greek Salad ^(D)	Chef Salad: Ham, Turkey & Swiss Over Greens ^{(D) (P)}	Grilled Chicken Caesar Salad ^{(G) (E) (S) (D)}
Side of the Day	Grape Tomatoes	Broccoli	Three Bean Salad	Baby Carrots	Sliced Cucumbers
Daily Whole & Cut Fruit	Apples	Orange Wedges	Fruit Cup	Grapes	Melon Cup

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What's for lunch?

March 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Pasta with Beef Meatballs and Marinara Sauce ^(E D S G)	Boneless Buffalo Chicken Wings with Ranch Dip ^(D S)	Focaccia Pan Pizza with Side of Pepperoni ^(G S D P)	Steak & Cheddar Quesadilla ^(G S D)	Crispy Chicken & Waffles ^(D E S G)
Vegetarian & Allergen Free Entrée	Italian Style Rice Noodles with Tomatoes & Broccoli	Quinoa Bowl with Roasted Carrots & Asparagus	Ratatouille over Wilted Spinach	Dairy Free Cheese Quesadilla on Corn Tortilla *contains coconut & chickpea ^(C)	Rice Noodles with Roasted Carrots & Peas
Chef Special Sandwich	Arugula, Tomato & Goat Cheese Wrap ^(G S D)	Chicken Salad Hoagie ^(E G S D)	Caprese Sandwich on Focaccia ^(G S D)	Turkey & Cheddar on Kaiser Roll ^(G S D)	Chicken & American Cheese Sliders on Potato Bun ^(A S D G)
Chef Special Salad	Roasted Chicken & Arugula Salad with Goat Cheese ^(D)	Garden Salad with Brie & Cranberries ^(D)	Turkey Club Salad with Turkey Bacon & Balsamic Vinaigrette ^(E D)	Chopped Salad with Chickpeas, Roasted Peppers & Cucumbers	Sesame Kale Salad ^(A S)
Side of the Day	Peppers	Baby Carrots	Grape Tomatoes	Salsa with Tortilla Chips	Broccoli
Daily Whole & Cut Fruit	Apples	Orange Wedges	Fruit Cup	Grapes	Melon Cup

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