

March

crisp on top.

Makes 8 servings.

Nutrition Information per Serving:

Calories 129, Carbohydrate 19 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 5 g,
Saturated Fat 1 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 219 mg

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 **Pizza, Pesto and Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

2 **Egg Rolls - Chicken or Veg Fried Rice**
Soup and Salad Bar
1% Milk
Fresh Fruit

3 **Chicken or Veggie Pasta Tetrazini**
Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

4 **Roast Turkey and Gravy**
Apple Corn Bread Stuffing
Soup and Salad Bar
1% Milk
Fresh Fruit

5 **Tamales - Chicken or Veggie**
Spanish Rice and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

6

7

8 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

9 **Shepard's Pie or Garden Veggie Pie**
Soup and Salad Bar
1% Milk
Fresh Fruit

10 **Mac and Cheese**
Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

11 **BBQ Chicken or Veg Patty**
Red Beans and Rice
Soup and Salad Bar
1% Milk
Fresh Fruit

12 **Chile Quiles - Eggs, Salsa & Cheese**
Tortilla Chips and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

13

14

15 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

16 **Grilled Cheese Sandwiches and Tomato Soup**
Salad Bar
1% Milk
Fresh Fruit

17 **Corned Beef & Cabbage**
Potatoes and Carrots
Roll
Soup and Salad Bar
1% Milk
Fresh Fruit 

18 **Garlic Chicken Pasta or Garlic Veggie Pasta with Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

19 **Taco - Chicken or Veggie**
Spanish Rice and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

20

21

22 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

23 **Glazed Fresh Pork on WW Bun**
Roasted Veg and Yams
Soup and Salad Bar
1% Milk
Fresh Fruit

24 **Pasta Marinara and Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

25 **Tandoori Style Chicken or Veg Patty**
Tabbouleh
Soup and Salad Bar
1% Milk
Fresh Fruit

26 **Quesadilla - Chicken or Veggie**
Spanish Rice and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

27

28

29
SPRING RECESS


30
SPRING RECESS


31
SPRING RECESS


April

Makes 12 servings.

Nutrition Information per Serving:

Calories 62, Carbohydrate 9 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 2 g, Cholesterol 0 mg, Sodium 63 mg

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

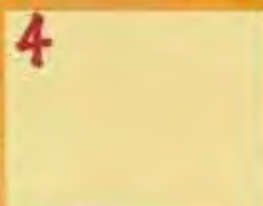


1

SPRING RECESS

2

SPRING RECESS



5 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

6 **Hot dog or Veggie Dog**
House Baked Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

7 **Pasta Marinara with Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

8 **BBQ Chicken or Veg Patty**
Corn Bread and Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

9 **Burrito - Chicken or Veggie**
Beans and Rice
Soup and Salad Bar
1% Milk
Fresh Fruit



12 **Pizza, Pesto and Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

13 **Orange Chicken and Stir Fry Veg or Veggie**
Steamed Rice
Soup and Salad Bar
1% Milk
Fresh Fruit

14 **Mac and Cheese**
Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

15 **Oven Fried Chicken or Veg Patty**
Veggie White Beans w/Coliards
Soup and Salad Bar
1% Milk
Fresh Fruit

16 **Tamales - Chicken or Veggie**
Spanish Rice and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit



19 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

20 **Hamburger or Veggie Burger - WW Bun**
Cole Slaw
Soup and Salad Bar
1% Milk
Fresh Fruit

21 **Garlic, Bacon and Chicken Pasta or Garlic Veggie Pasta with Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

22 **Braised Turkey or Veg Patty**
WW Roll and Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

23 **Nachos - Toppings**
Spanish Rice & Beans
Soup and Salad Bar
1% Milk
Fresh Fruit



26 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

27 **Chicken or Veggie Stir Fry**
Veggie Lo Mein
Soup and Salad Bar
1% Milk
Fresh Fruit

28 **Garlic Chicken Pasta or Veggie Garlic Pasta with Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

29 **Spice Rubbed Chicken or Veg Patty**
Black Eye Peas and Rice
Soup and Salad Bar
1% Milk
Fresh Fruit

30 **Chile Queses - Eggs, Salsa and Cheese**
Tortilla Chips and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit



May

slowly stir in the olive oil until it is all one color.

4. Pour the vinaigrette over the mixed greens/lettuce and gently mix with a large spoon and fork.
5. Set up the salad bar and serve with slices of bread or crackers.

Makes 8 servings
Continued on Back Cover

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



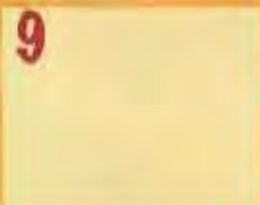
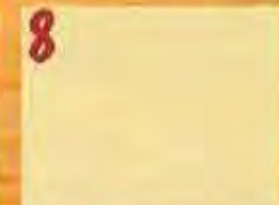
3 **Pizza, Pesto and Cheese**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

4 **Pasta Marinara with Cheese**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

5 **Burritos - Chicken or Veggie**
 Beans and Rice
 Soup and Salad Bar
 1% Milk
 Fresh Fruit
CINCO DE MAYO

6 **Tandoori Style Chicken or Veg Patty**
 Tabbouleh
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

7 **Tamale Pie - Chicken or Veggie**
 Spanish Rice & Beans
 Soup and Salad Bar
 1% Milk
 Fresh Fruit



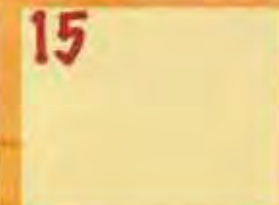
10 **Pizza, Sausage or Cheese**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

11 **Beef or Veggie Chili - Corn Bread**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

12 **Mac and Cheese**
 Fresh Veg
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

13 **BBQ Chicken or Veg Patty**
 Cous Cous and Fresh Veg
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

14 **Quesadilla - Chicken or Veggie**
 Spanish Rice & Beans
 Soup and Salad Bar
 1% Milk
 Fresh Fruit



17
MALCOLM X DAY

18 **Pizza, Pesto and Cheese**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

19 **Garlic Chicken Pasta or Veggie**
Garlic Pasta
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

20 **Tandoori Style Chicken or Veg Patty**
 Roasted Carrots and Garlic Pita
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

21 **Nachos**
 Rice & Beans
 Soup and Salad Bar
 1% Milk
 Fresh Fruit



24 **Pizza, Sausage or Cheese**
 Soup & Salad Bar
 1% Milk
 Fresh Fruit
31
MEMORIAL DAY

25 **Steamed Chicken Buns**
 Veggie Stir Fry Rice
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

26 **Chicken or Veggie Pasta Tetrazini**
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

27 **Oven Fried Chicken or Veg Patty**
 Fresh Veg
 Soup and Salad Bar
 1% Milk
 Fresh Fruit

28 **Burritos - Chicken or Veggie**
 Spanish Rice & Beans
 Soup and Salad Bar
 1% Milk
 Fresh Fruit



June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 **Pizza, Sausage or Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

2 **Pasta Marinara with Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

3 **Braised Turkey on WW Bun or Veg Patty**
Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

4 **Tamales - Chicken or Veggie**
Spanish Rice and Beans
Soup and Salad Bar
1% Milk
Fresh Fruit

5

6

7 **Pizza, Pesto and Cheese**
Soup and Salad Bar
1% Milk
Fresh Fruit

8 **Cuban Style Chicken**
Black Beans and Rice
Soup and Salad Bar
1% Milk
Fresh Fruit

9 **Mac and Cheese**
Fresh Veg
Soup and Salad Bar
1% Milk
Fresh Fruit

10 **Spice Rubbed Chicken or Veg Patty**
Potato Salad and Corn
Soup and Salad Bar
1% Milk
Fresh Fruit

11 **Tacos - Chicken or Veggie**
Beans and Mexican Style Slaw
Soup and Salad Bar
1% Milk
Fresh Fruit

12

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14

CHEF'S CHOICE

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CHEF'S CHOICE

16

CHEF'S CHOICE

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CHEF'S CHOICE

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CHEF'S CHOICE

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