

MARCH 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Sandwich, Marinated Veggie Salad and Pineapple
4 Black Bean & Cheese Quesadilla, Pepper Slices and Grapes	5 Vegetarian Lasagna, Garden Salad and Garlic Breadstick	6 Chicken & Mandarin Orange Spinach Salad with Parmesan Bread Knot	7 Southwestern Chicken Melt on Whole Wheat Bread with Black Beans, Cauliflower, Peppers and Fresh Fruit Salad	8 Egg White Spinach and Feta Frittata, Whole Wheat Toast and Fresh Fruit
11 Beef Barley Soup with Vegetables and Pineapple	12 Tomato-Cucumber-Dill Sandwich on Whole Wheat Roll and Fresh Fruit Salad	13 Greek & Brown Rice Salad with Mandarin Oranges	14 Cheese & Veggie Pizza with Grapes	15 Chicken Florentine Casserole with Spinach, and Mango Pieces
18 BBQ Chicken Drumstick, Sweet Corn, Cornbread and Apple Slices	19 Beef Tostadas with Lettuce & Tomato, Orange Slices	20 Chicken Fajita Salad, Whole Wheat Roll, Fresh Fruit	21 Butternut Squash Bisque, Cheese & Crackers and Pineapples	22 Cobb Salad, Garlic Breadstick, Fresh Fruit
25 Chicken & Cheese Quesadillas, Mango & Black Bean Salad	26 Whole Wheat French Toast Sticks, Turkey Sausage, Kiwi and Mandarin Oranges	27 Rainbow Chicken Salad, Garlic Breadsticks	28 BBQ Turkey Sandwich on Whole Wheat Roll, Snap Peas and Pineapple	28 California Melt Sandwich (Avocado, Cheese, Mushroom, Tomato), Apple Slices

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.