

## ALC CATERED LUNCH MENU: March 2019

<b>25- MONDAY</b> <b>LUNCH: Milk</b> SLOPPY JOES w/ 1 oz TURKEY; TOMATO SAUCE WHOLE WHEAT ROLL 1/8 c GREEN BEANS 1/8 c FRESH FRUIT MEDLEY	<b>26- TUESDAY</b> <b>LUNCH: Milk</b> 1/2 c PASTA FASULE w/ 1/4 c BEANS, 1/4 c WHOLE GRAIN ROTINI & TOMATO SAUCE 1/8 c BROCCOLI 1/8 c MANDARIN ORANGES	<b>27- WEDNESDAY</b> <b>LUNCH: Milk</b> CHICKEN PATTY WHOLE WHEAT ROLL 1/8 c SWEET POTATO 1/8 c PEARS KETCHUP	<b>28- THURSDAY</b> <b>LUNCH: Milk</b> 1 oz TURKEY & CHEESE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRUIT MIX MUSTARD & MAYONNAISE	<b>1- FRIDAY</b> <b>LUNCH: Milk</b> 1/2 c MACARONI & CHEESE w/ 1/4 c WHOLE GRAIN ROTINI & 1 oz CHEESE 1/8 c SPINACH 1/8 c CANTALOUPE
<b>4- MONDAY</b> <b>LUNCH: Milk</b> 2 SWEDISH MEATBALLS 1/4 c WHOLE GRAIN EGG 1/8 c CHOPPED BEETS, CUCUMBERS, BELL PEPPERS 1/8 c PEARS	<b>5- TUESDAY</b> <b>LUNCH: Milk</b> 3/4 c CHICKEN VEG STIR FRY 1 oz CHICKEN, 1/4 c BROWN RICE, 1/8 c PEAS & CARROTS 1 slice WHOLE WHEAT BREAD 1/8 c HONEYDEW MELON	<b>6- WEDNESDAY</b> <b>LUNCH: Milk</b> CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c BROCCOLI 1/8 c FRUIT MIX	<b>7- THURSDAY</b> <b>LUNCH: Milk</b> TACO w/ 1 oz CHICKEN & SHREDDED CHEESE; 1/8 c DICED TOMATOES WHOLE WHEAT WRAP 1/8 c WATERMELON	<b>8- FRIDAY</b> <b>LUNCH: Milk</b> TUNA SALAD SANDWICH 1 oz TUNA w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c GREEN BEANS 1/8 c PEARS
<b>11- MONDAY</b> <b>LUNCH: Milk</b> BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY 2 WHOLE GRAIN FT STICKS-SYRUP 2 TATER TOTS w/ KETCHUP 1/8 c PEACHES	<b>12- TUESDAY</b> <b>LUNCH: Milk</b> CHICKEN PARMESAN SANDWICH 1 oz CHICKEN & CHEESE WHOLE WHEAT HOT DOG ROLL 1/8 c CAULIFLOWER & BROCCOLI – LIGHTLY STEAMED	<b>13- WEDNESDAY</b> <b>LUNCH: Milk</b> 1/2 c SPANISH RICE & BEANS w/ 1/4c BEANS & 1/4c BROWN 1 slice WHOLE WHEAT BREAD 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES	<b>14- THURSDAY</b> <b>LUNCH: Milk</b> TURKEY MEATLOAF w/ GRAVY w/ 1 oz TURKEY 1 slice WHOLE WHEAT BREAD 1/8 c ROASTED POTATOES 1/8 c CANTALOUPE; KETCHUP	<b>15- FRIDAY</b> <b>LUNCH: Milk</b> 2 CHEESE RAVIOLI w/ 1 oz CHEESE; TOMATO SAUCE 1/8 c PEAS 1/8 c FRESH FRUIT MEDLEY
<b>18- MONDAY</b> <b>LUNCH: Milk</b> 1/2 c MACARONI & CHEESE w/ 1/4 c WHOLE GRAIN ROTINI & 1 oz CHEESE 1/8 c BROCCOLI 1/8 c WATERMELON	<b>19- TUESDAY</b> <b>LUNCH: Milk</b> 1 oz TURKEY w/ GRAVY 1 slice WHOLE WHEAT BREAD 1/8 c BUTTERNUT SQUASH 1/8 c PINEAPPLES	<b>20- WEDNESDAY</b> <b>LUNCH: Milk</b> CHICKEN SALAD SANDWICH 1 oz CHICKEN w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c APPLESAUCE	<b>21- THURSDAY</b> <b>LUNCH: Milk</b> 1/2 c AMERICAN CHOP SUEY 1 oz BEEF, 1/4 c WHOLE GRAIN ROTINI & TOMATO SAUCE 1/8 c GREEN BEANS 1/8 c PEACHES	<b>22- FRIDAY</b> <b>LUNCH: Milk</b> FISH PATTY WHOLE WHEAT ROLL 1/8c ZUCCHINI (lightly steamed) 1/8 c HONEYDEW MELON TARTAR SAUCE & KETCHUP
<b>25- MONDAY</b> <b>LUNCH: Milk</b> CHICKEN POT PIE w/ WHOLE WHEAT DINNER ROLL 1 oz CHICKEN; 1/8 c PEAS, CARROTS & POTATO (in pie) 1/8 c PINEAPPLES	<b>26- TUESDAY</b> <b>LUNCH: Milk</b> EGG SALAD SANDWICH 1/2 EGG w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRESH FRUIT MEDLEY	<b>27- WEDNESDAY</b> <b>LUNCH: Milk</b> GARDEN VEGGIES w/ CHICKEN 1 oz CHICKEN 1/4 c WHOLE GRAIN ROTINI 1/8 c ONIONS & PEPPERS 1/8 c FRUIT MIX	<b>28- THURSDAY</b> <b>LUNCH: Milk</b> MEATBALL GRINDER w/ 2 MEATBALLS & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/8 c BROCCOLI 1/8 c PINEAPPLES	<b>29- FRIDAY</b> <b>LUNCH: Milk</b> CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c PEAS 1/8 c CANTALOUPE

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