

March 2019



Message from Chef Julie

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March 4th-8th is World
Language Week! We will
be celebrating with worldly
cuisine on the menu each
day! Bon Appétit!

Monday	Tuesday	Wednesday	Thursday	Friday
				Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 1
				Lunch: <i>Mac & Cheese, Broccoli, Local Apples (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 4	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 5	Breakfast: <i>Bagels, Scrambled Eggs</i> 6	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 7	Breakfast: <i>Bagels, Scrambled Eggs</i> 8
Lunch: <i>Greek Souvlaki Chicken, Greek Salad, and Whole Wheat Pita (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>French Boeuf Bourguignon (Beef Stew), Green Salad, and Herbes de Provence Bread (V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Italian Penne Pasta Day!! (E, V*)</i> <i>w/Caesar Salad</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Korean Bi Bim Bap Mix It Up Jasmine Rice Bowl Bar!! (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Cheese Pizza, Caesar Salad, Orange Wedges, & Mexican Biscochitos (Snickerdoodle sugar cookie) (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 11	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 12	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 13	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 14	Breakfast: <i>Bagels, Scrambled Eggs</i> 15
Lunch: <i>Stuffed Baked Potato with Turkey Chili, Broccoli and Cheddar (E, V*)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Hamburger, Cheeseburger, or Veggie Burger, Fries, Pickle, and Slaw (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Breakfast for Lunch! French Toast with Bacon, Local Maple and Fruit Smoothies (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Chicken Pot Pie with Biscuits and Green Salad (E)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Cheese Pizza, Caesar Salad and Orange Wedges (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 18	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 19	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 20	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 21	NO SCHOOL 22 STAFF DEVELOPMENT DAY
Lunch: <i>Grilled First Light Farm Cheese Sandwiches, Tomato Soup, and Orange Wedges (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Chicken Fingers w/Mashed Potatoes & Roasted Carrots (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Sub Day!! (E)</i> Homemade Soup (V) Salad/Sandwich Bar (V*)	Lunch: <i>Cheese Ravioli with Pesto, Garlic Bread and Green Beans (E,V)</i> Homemade Soup Salad/Sandwich Bar (V*)	
Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 25	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 26	Breakfast: <i>Bagels, Scrambled Eggs, Bacon</i> 27	Breakfast: <i>Choc. Muffins, Breakfast Pizza</i> 28	Breakfast: <i>Bagels, Scrambled Eggs</i> 29
Lunch: <i>Mac & Cheese, Broccoli, Local Apples (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Souvlaki Chicken with Greek Salad and Whole Wheat Pita (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Taco Day!! (E, V*)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Breakfast for Lunch! French Toast with Bacon, Local Maple and Fruit Smoothies (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)	Lunch: <i>Cheese Pizza, Caesar Salad and Orange Wedges (E, V)</i> Homemade Soup Salad/Sandwich Bar (V*)

E=Main Entrée (incl. milk or water)
V=Vegetarian Option
V*=Vegan Option

All menu items available a la carte.
Available Daily: Fruit, milk/filtered water, chips, cookies, ice cream (gr. 5-12)
Tues.: Cookies (1-4 gr.)
Tues. & Thurs.: French Fries (HS only)
Thurs.: French Fries (gr. 5-8)
Fri.: Ice cream (1-4 gr.)