

## **Southern**

**August 16 – August 18**

Tuesday: Fried Chicken Legs with Jasmine Rice

Side: Southern Green Bean Casserole

Wednesday: “Chicken Pot Pie” over Steamed Riceland Rice

Side: Side Salad with Honey Dijon Dressing

Thursday: Brown Sugared Ham with Mashed Potatoes

Side: Sweet Corn on the Cob

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Mini Burger – Fruit Cup – Lettuce, Tomato, Onion

BAKED POTATO SALAD BAR

SOUP: Vidalia Onion Soup with Cheesy Croutons

SALAD BAR Ingredients: Honey Dijon Dressing

Tomatoes

Sweet Cole Slaw

Sweet/Sour Cucumbers

Chopped Ham and Turkey

## **Italian**

**August 22 – August 25**

Monday: Penne Pasta with Shrimp, Broccoli and Peppers in a Pesto Cream Sauce

Side: Side Salad with Pesto Ranch

Tuesday: Four Cheese Manicotti with Rustic Marinara

Side: Caprese Salad

Wednesday: Tortellini with Grilled Chicken and Creamy Marinara

Side: Anti Pasta Salad

Thursday: Italian Sausage Cannelloni with Peperonata Red Sauce

Side: Side Salad with Pesto Ranch

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Meatball/Mozzarella Slider – apple sauce – salad/ranch

BAKED POTATO SALAD BAR

SOUP: Rustic Tomato Soup

SALAD BAR Ingredients: Pesto Ranch

Balsamic Pasta Salad

Mozzarella/Tomato Salad

Antipasto Salad

Roasted Peppers/White Bean Salad

## **Southwestern**

**August 29 – September 2**

Monday: “Fajita Style” Quesadilla with Peppers, Onions and Steak

Side: Lime/Cilantro Guacamole and Chips

Tuesday: Tri Colored Nachos with Grilled Chicken, Lime Sour Cream, Cheddar and Corn Salsa

Side: Jicama/Tomato Pico de Gallo

Wednesday: Baja Soft Fish Taco with Pineapple/Mango Salsa

Side: Baked Spanish Rice

Thursday: Roasted Anaheim Pepper Stuffed with a Manchego Cheese Polenta

Side: Black Bean/Corn Salsa

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheese Quesadilla – Tortilla Chips – Salad with Southwestern Caesar

BAKED POTATO SALAD BAR

SOUP: Santa Fe Tortilla Soup

SALAD BAR Ingredients: Southwest Caesar

Lime/Cilantro Guacamole

Tomato Pico de Gallo

Corn/Black Bean Salsa

Cumin Scented Grilled Chicken

**French****September 5 – September 8**

Monday: No School

Tuesday: Croque Monsieur (French Style Ham/Cheese) with Béchamel  
Side: Roasted Herbed PotatoesWednesday: Pot au Feu en Croute (beef stew in pastry) over Steamed Rice  
Side: Side Salad with Roasted Red Bell Pepper RatatouilleThursday: Chicken Cordon Bleu  
Side: Dauphinois Potatoes (Potatoes au Gratin)

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey and Cheddar Cheese Wrap with Fruit Yogurt and Gold Fish

BAKED POTATO SALAD BAR

SOUP: Tomato Bisque with Fleurons

SALAD BAR Ingredients: White Truffle Vinaigrette

Caramelized Fennel

Chicken Confit Salad

Balsamic Tomatoes

Dill Scented Carrots

**Polynesian****September 12 – September 15**Monday: Roasted Tilapia Fillet with Citrus Vinaigrette and Cilantro Orzo  
Side: Coconut Crusted Candied CarrotsTuesday: BBQ Rubbed Chicken with a Hawaiian Rice Pilaf  
Side: Side Salad with a Pineapple SalsaWednesday: Pulled Pork on Grilled Pita Bread with a Pineapple/Lime Relish  
Side: Red Cabbage Cole SlawThursday: Shrimp and Baby Scallops with a Chili/Plantain Salsa  
Side: Coconut Milk Sushi Rice

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Grilled Ham n Cheese Sandwich with Apple Sauce -Side Salad-Ranch

BAKED POTATO SALAD BAR

SOUP: Sweet and Spicy Coconut Milk Soup

SALAD BAR Ingredients: Mango Vinaigrette

Pineapple Salad

Chopped Ham

Sea Salt Edamame

Toasted Coconut

**American****September 19 – September 22**Monday: Sloppy Joe Mini Burgers with Dill Pickles  
Side: Sweet Cole SlawTuesday: Fried Chicken Legs with Roasted Potatoes  
Side: Maple Baked BeansWednesday: BLT Wrap with Italian Roasted Vegetables  
Side: Side Salad with RanchThursday: Mini Burgers (burger, lettuce, onion, k/m) with Cheezy Fries  
Side: Sweet Cole Slaw

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Grilled Cheese Sandwich – Apple Sauce – Side Salad with Ranch

BAKED POTATO SALAD BAR

SOUP: Roasted Corn Clam Chowder

SALAD BAR Ingredients: Ranch Dressing

Tomatoes

Sweet Cole Slaw

Cucumbers

Chopped Ham and Turkey

**Chinese****September 26 – September 29**

Monday: Sesame Chicken in an Orange Sauce over pineapple jasmine rice

Side: Asian Stir Fry Vegetables

Tuesday: Cantonese Yeung Chow BBQ pork, celery, peas and peppers) over Egg Noodles

Side: Asian Slaw

Wednesday: Sweet n Sour Shrimp over fried rice

Side: Minted Pineapple Salad

Thursday: Gingered Broccoli with Peppers – Sweet soy/ginger sauce over Noodles

Side: Sweet/Sour Cucumber Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey/Cheese Wrap – fruit/yogurt cup - pretzels

BAKED POTATO SALAD BAR

SOUP: Sweet n Sour Soup with Scallions and Mushrooms

SALAD BAR Ingredients: Sesame/Ginger Vinaigrette

Cucumber Sunomono

Salted Edamame Peas

Lime/Soy Chicken

Sweet Soy Glazed Pineapples

**Italian****October 3 – October 6**

Monday: Baked Ziti with Meatballs and Garlic Toast

Side: Roasted Herbed Peppers

Tuesday: Chicken Parmesan with Noodles, mozzarella and tomato sauce

Side: antipasto salad

Wednesday: Grilled Chicken with peppers and mild sausage over soft cheesy polenta

Side: Small Lunch Salad with Sweet Balsamic Vinaigrette

Thursday: Baked Beefy Lasagna with Mozzarella and Garlic Toast

Side: Caprese salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Sandwich Sliders, honey Dijon dressing- Mixed Fruit – Side Salad

BAKED POTATO SALAD BAR

SOUP: Herbed Rustic Tomato Minestrone

SALAD BAR Ingredients: Balsamic Vinaigrette

Pesto Pasta Salad

Tomato/Mozzarella Salad

Pepperoni Slices

Grilled Pepper and Olive Salad

**Mediterranean****October 10 – October 13**

Monday: Spanish BBQ Glazed Chicken with Tomato Jasmine Rice and Grilled Vegetables

Side: Lemon Hummus with Baked Pita

Tuesday: Baked Tilapia with Tomato/Saffron Rice

Side: Side Salad with Olive/Feta Relish

Wednesday: Toasted Flatbread with Grilled Chicken, Peppers and Feta -Tomato Raita

Side: Mediterranean Artichoke Heart/Olive Salsa

Thursday: Shrimp with Chorizo, Tomatoes, and Coriander over Orzo Pasta

Side: Herbed Cucumber/Tomato Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Grilled Chicken Gyro with Lettuce/Cheddar – fruit Salad and Baked pretzels

BAKED POTATO SALAD BAR

SOUP: Cioppino Seafood Broth

SALAD BAR Ingredients: Baba Ghanoush Dressing

Kalamata Olive Salsa

Lemon Hummus

Cucumber/Tomato Salad

Chorizo/Artichoke Hearts Salad

**Southern****October 17 – October 20**

Monday: “Chicken Pot Pie” over Steamed Riceland Rice  
 Side: Side Salad with Honey Dijon Dressing  
 Tuesday: Brown Sugared Ham with Mashed Potatoes  
 Side: Sweet Corn on the Cob  
 Wednesday: Fried Catfish Fillet with Yellow Corn/Cheddar Grits  
 Side: Cole Slaw  
 Thursday: Fried Chicken Legs with Steamed Riceland Rice  
 Side: Green Bean Casserole  
 Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Fried Chicken Slider with Mixed Fruit

BAKED POTATO SALAD BAR

SOUP: Chicken n Rice Soup

SALAD BAR Ingredients: Honey Dijon Dressing

Tomatoes	Sweet Cole Slaw
Sweet/Sour Cucumbers	Chopped Ham and Turkey

**Japanese/Vietnamese****October 24 – October 27**

Monday: Pad Thai Shrimp over Jasmine Rice with sweet peppers and spouts  
 Side: “panang” scented pineapple segments  
 Tuesday: Lemon/Mint Tilapia on Jasmine Rice with Asian Vegetables  
 Side: Side Salad with Ginger/Mint Dressing  
 Wednesday: Vietnamese Chicken Spring Roll with Sweet/Sour Orange Dipping Sauce  
 Side: Sunomono Salad  
 Thursday: California Roll (avocado, cucumber, and crab)  
 Side: Sea Salt crusted Edamame  
 Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Salad Slider – Fresh Fruit with Baked Gold Fish Crackers

BAKED POTATO SALAD BAR

SOUP: Egg Drop Soup

SALAD BAR Ingredients: Ginger/Mint Vinaigrette

Sea Salt crusted Edamame	Chilled Snow Pea Salad
Thai Cucumber Salad	Kimchee /Chicken Slaw

**French****October 31 – November 3**

Monday: Roasted Shrimp with a Grilled Vegetable Ratatouille over Egg Noodles  
 Side: Side Salad with Tangy Vinaigrette  
 Tuesday: Croque Monsieur (French Style Ham/Cheese) with Béchamel  
 Side: Roasted Herbed Potatoes  
 Wednesday: Pot au Feu en Croute (beef stew in pastry) over Steamed Rice  
 Side: Side Salad with Roasted Red Bell Pepper Ratatouille  
 Thursday: Chicken Cordon Bleu with Dill Scented Carrots  
 Side: Dauphinois Potatoes (Potatoes au Gratin)  
 Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey and Cheddar Cheese Wrap with Fruit Yogurt and Baked Gold Fish

BAKED POTATO SALAD BAR

SOUP: Tomato Bisque with Fleurons

SALAD BAR Ingredients: White Truffle Vinaigrette

Caramelized Fennel	Chicken Confit Salad
Balsamic Tomatoes	Dill Scented Carrots

**Southwestern****November 7 – November 10**

Monday: Lime/Shrimp Enchiladas with rice, corn, and black beans- white cheese sauce

Side: tortilla chips/salsa

Tuesday: Quesadilla Mexicana stuffed with beans, cheese, and beef

Side: Spanish rice and Sour Cream

Wednesday: Soft Fish Taco with shaved lettuce, pico de gallo, and cheddar cheese

Side: roasted corn/black bean salsa

Thursday: Grilled Chicken/Cheese Burrito with jasmine rice, corn, and black beans

Side: tortilla chips and Anthony Salsa

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Soft Taco Wrap of Beef, Cheese, Lettuce-Apple Sauce- Ranch/Veggies

BAKED POTATO SALAD BAR

SOUP: Cilantro/Lime Tortilla Soup

SALAD BAR Ingredients: Southwest Black bean/ Chili Vinaigrette

Tortilla Chips

Creamy Guacamole

Corn/Black Bean Salsa

Lime Scented Grilled

Chicken

**Cuban****November 14 – November 17**

Monday: Coconut Tilapia with a Mojo Rice Pilaf and Roasted Vegetables

Side: Ginger/Pineapple Salad

Tuesday: Cuban Meatballs over Rice and Tomato Sauce

Side: Side lunch Salad with Mango Vinaigrette

Wednesday: Authentic Pork, Swiss and Ham Slider Sandwiches

Side: Mango/Pineapple/Mint Salad

Thursday: Ginger/Lime Crusted Chicken with Black Bean/Pineapple Rice

Side: Jicama/Lime Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Ham and Cheese Slider – fruit yogurt – Baked Pretzels

BAKED POTATO SALAD BAR

SOUP: Black Bean/Chorizo Soup with Lime Sour Cream

SALAD BAR Ingredients: Tangy Mango Vinaigrette

Jicama/Lime Salad

Mojo Hearts of Palm Salad

Mango/Mint Salad

Ham/Black Bean/Pineapple Salsa

**Thanksgiving No School****November 21 – November 24****Indian****November 28 – December 2**

Monday: Steamed Shrimp with Sweet Curry Jasmine Rice with Peas and Candied Garlic

Side: Mango Relish

Tuesday: Open Faced Indian BBQ Chicken on Grilled Naan

Side: Side Lunch Salad with Cucumber/Mint Dressing

Wednesday: Traditional Style Gyro Sliders with Tomato Raita Sauce

Side: Dill Scented Cucumbers

Thursday: Red Curry Baked Tilapia Fillet with Couscous filled with Indian spiced tomatoes

Side: Cucumber/Melon Raita

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheddar Gyro with Ranch – Apple Sauce and Fresh

Veggie/ranch

BAKED POTATO SALAD BAR

SOUP: Roasted Eggplant/Green Curry Soup

SALAD BAR Ingredients: Cucumber/Yogurt/Mint Dressing

Couscous Salad

Tangy Heart of Palm/Chicken Salad

Cucumber/Mint Salad

Mango Relish

**Breakfast****December 5 – December 8**

Monday: Chocolate Buttermilk Pancakes with Maple Syrup and Apple Smoked Bacon

Side: Melon Fruit Salad

Tuesday: French Toast with a Cinnamon/Apple Chutney

Side: Pork Breakfast sausage

Wednesday: Belgium Vanilla Waffles with Syrup

Side: Smothered and Covered Hash Browns

Thursday: Biscuits and Gravy with Roasted Potato Hash and Apple Smoked Bacon

Side: Fruit Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Ham and Cheese Biscuit Sliders with Fruit Yogurt and Roasted Potatoes

BAKED POTATO SALAD BAR

SOUP: Roasted Red Pepper Soup – Blue Cheese Crumbles

SALAD BAR Ingredients: Ranch

**Cajun****December 12 – December 15**

Monday: Shrimp Etouffee over Steamed Rice and Etouffee Vegetables

Side: Hoppin' John Salad

Tuesday: Andouille/Chicken Jambalaya with Cajun Vegetables and Dirty Rice

Side: Cajun Sweet Cheddar Cornbread

Wednesday: Cajun Crab Cakes with Cheesy Grits

Side: Blackened Holy Trinity

Thursday: Blackened Tilapia Fillet Po Boy Slider with Lettuce and Creole Slaw

Side: Creole Potato Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Southern Chicken Slider with Dill Pickles – Fruit yogurt – Side Salad with Ranch

SOUP: Shrimp Gumbo

SALAD BAR Ingredients: Creole Ranch

Hoppin' John Salad

Creole Potato Salad

Creole Cabbage Slaw

Blackened Chicken/Andouille Sausage

**Holiday Break No School**

**December 19 – December 22**

**Holiday Break No School**

**December 26 – December 29**

## **Southwestern**

**January 2 – January 5**

Monday: No School

Wednesday: Tri Colored Nachos with Grilled Chicken, Lime Sour Cream, Cheddar and Corn Salsa

Side: Jicama/Tomato/Cucumber Pico de Gallo

Tuesday: Baja Soft Fish Taco with Pineapple/Mango Salsa

Side: Baked Spanish Rice

Thursday: "Fajita Style" Quesadilla with Grilled Peppers, Onions and Beef

Side: Lime/Cilantro Guacamole and Chips

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheese Quesadilla – Tortilla Chips – Salad with Southwestern Caesar

BAKED POTATO SALAD BAR

SOUP: Santa Fe Tortilla Soup

SALAD BAR Ingredients: Southwest Caesar

Lime/Cilantro Guacamole      Tomato Pico de Gallo

Corn/Black Bean Salsa

Cumin Scented Grilled Chicken

## **French**

**January 9 – January 12**

Monday: Roasted Shrimp with a Grilled Vegetable Ratatouille over Egg Noodles

Side: Side Salad with Tangy Vinaigrette

Tuesday: Croque Monsieur (French Style Ham/Cheese) with Béchamel

Side: Roasted Herbed Potatoes

Wednesday: Pot au Feu en Croute (beef stew in pastry) over Steamed Rice

Side: Side Salad with Roasted Red Bell Pepper Ratatouille

Thursday: Chicken Cordon Bleu with Dill Scented Carrots

Side: Dauphinois Potatoes (Potatoes au Gratin)

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey and Cheddar Cheese Wrap with Fruit Yogurt and Gold Fish

BAKED POTATO SALAD BAR

SOUP: Tomato Bisque with Fleurons

SALAD BAR Ingredients: White Truffle Vinaigrette

Caramelized Fennel

Chicken Confit Salad

Balsamic Tomatoes

Dill Scented Carrots

## **American**

**January 16 – January 19**

Monday: No School

Tuesday: Maple Glazed Ham with Garlic Mashed Potatoes

Side: Roasted Sweet Carrots

Wednesday: Chicken Fried Chicken with Southern Gravy – Hash Browns

Side: Salad with Ranch

Thursday: BBQ Pork Sliders with Dill Pickles and Baked Tater Tots

Side: Sweet Cole Slaw

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicago Style All Beef Hot Dog with Baked Gold Fish and Potato Salad

BAKED POTATO SALAD BAR

SOUP: Chicken n Rice Soup

SALAD BAR Ingredients: Honey Dijon Dressing

Tomatoes

Sweet Cole Slaw

Macaroni Pasta Salad

Chopped Ham and Turkey

## **Chinese**

**January 23 – January 26**

Monday: Sesame Chicken in an Orange Sauce over pineapple jasmine rice

Side: Asian Stir Fry Vegetables

Tuesday: Cantonese Yeung Chow BBQ pork, celery, peas and peppers) over Egg Noodles

Side: Asian Slaw

Wednesday: Sweet n Sour Shrimp over fried rice

Side: Minted Pineapple Salad

Thursday: Gingered Broccoli with Peppers – Sweet soy/ginger sauce over Noodles

Side: Sweet/Sour Cucumber Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey/Cheese Wrap – fruit/yogurt cup - pretzels

BAKED POTATO SALAD BAR

SOUP: Sweet n Sour Soup with Scallions and Mushrooms

SALAD BAR Ingredients: Sesame/Ginger Vinaigrette

Cucumber Sunomono

Salted Edamame Peas

Lime/Soy Chicken

Sweet Soy Glazed Pineapples

## **Italian**

**January 30 – February 2**

Monday: Spaghetti and Meatballs with Marinara and Parmesan Cheese

Side: Garlic Toast and Roasted Broccoli

Tuesday: Four Cheese Manicotti with Rustic Marinara

Side: Caprese Salad

Wednesday: Grilled Chicken Alfredo with Italian Roasted Vegetables and Garlic Toast

Side: Side Salad with Honey Dijon Dressing

Thursday: Baked Lasagna with Mozzarella and Parmesan Garlic Bread Sticks

Side: Side Salad with Pesto Ranch

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Meatball/Mozzarella Sliders with – fruit cup – salad/ranch

BAKED POTATO SALAD BAR

SOUP: Grilled Tomato Bisque

SALAD BAR Ingredients: Balsamic Vinaigrette

Antipasta Salad

Salad Caprese

Balsamic Pasta Salad

Tomato/Mozzarella Salad

## **Southern**

**February 6 – February 9**

Monday: “Chicken Pot Pie” over Steamed Riceland Rice

Side: Side Salad with Honey Dijon Dressing

Tuesday: Brown Sugared Ham with Mashed Potatoes

Side: Sweet Corn on the Cob

Wednesday: Fried Catfish Fillet with Yellow Corn/Cheddar Grits

Side: Cole Slaw

Thursday: Fried Chicken Legs with Steamed Riceland Rice

Side: Green Bean Casserole

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Fried Chicken Slider with Mixed Fruit

BAKED POTATO SALAD BAR

SOUP: Chicken n Rice Soup

SALAD BAR Ingredients: Honey Dijon Dressing

Tomatoes

Sweet Cole Slaw

Sweet/Sour Cucumbers

Chopped Ham and Turkey

**Japanese/Vietnamese****February 13 – February 16**

Monday: Pad Thai Shrimp over Jasmine Rice with sweet peppers and spouts

Side: “panang” scented pineapple segments

Tuesday: Lemon/Mint Tilapia on Jasmine Rice with Asian Vegetables

Side: Sunomono Salad

Wednesday: Vietnamese Chicken Spring Roll with Sweet/Sour Orange Dipping Sauce

Side: Sunomono Salad

Thursday: California Roll (avocado, cucumber, and crab)

Side: Sea Salt crusted Edamame

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Salad Slider – Mandarin Oranges – Gold Fish Crackers

BAKED POTATO SALAD BAR

SOUP: Egg Drop

SALAD BAR Ingredients: Ginger/Mint Vinaigrette

Sea Salt crusted Edamame Chilled Snow Pea Salad

Thai Cucumber Salad Kimchee /Chicken Slaw

**French****February 20 – February 23**

Monday: No School

Tuesday: Croque Monsieur (French Style Ham/Cheese) with Béchamel

Side: Roasted Herbed Potatoes

Wednesday: Pot au Feu en Croute (beef stew in pastry)

Side: Roasted Red Bell Pepper Ratatouille

Thursday: Chicken Cordon Bleu

Side: Dauphinois Potatoes (Potatoes au Gratin)

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey and Cheddar Cheese Wrap with Fruit Yogurt and Gold Fish

BAKED POTATO SALAD BAR

SOUP: Tomato Bisque with Fleurons

SALAD BAR Ingredients: White Truffle Vinaigrette

Caramelized Fennel Chicken Confit Salad

Balsamic Tomatoes Dill Scented Carrots

**Southwestern****February 27 – March 1**

Monday: Grilled Chicken/Cheese Burrito with jasmine rice, corn, and black beans

Side: tortilla chips/Red Pepper Salsa

Tuesday: Quesadilla Mexicana stuffed with beans, cheese, and chopped beef

Side: Spanish rice and Lime Sour Cream

Wednesday: Soft Fish Taco with shaved lettuce, pico de gallo, and cheddar cheese

Side: roasted corn/black bean salsa

Thursday: Lime/Shrimp enchiladas with rice, corn, and black beans- white cheese sauce

Side: tortilla chips/salsa

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Soft Taco Wrap of Beef, Cheese, Lettuce-Apple Sauce- Ranch/Veggies

BAKED POTATO SALAD BAR

SOUP: Cilantro/Lime Tortilla Soup

SALAD BAR Ingredients: Southwest Black bean/ Chili Vinaigrette

Tortilla Chips Creamy Guacamole

Corn/Black Bean Salsa Lime Grilled Chicken

**Italian****March 5 – March 8**

Monday: Penne with Shrimp, Broccoli and Peppers in a Pesto Cream Sauce

Side: Antipasto Salad

Tuesday: Four Cheese Manicotti with Rustic Marinara

Side: Caprese Salad

Wednesday: Tortellini with Grilled Chicken and Creamy Marinara

Side: Roasted Peppers/White Bean Salad with Balsamic Syrup

Thursday: Spaghetti and Meatballs with Roasted Broccoli

Side: Toasted Garlic Bread

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Meatball/Mozzarella Slider – apple sauce – salad/ranch

BAKED POTATO SALAD BAR

SOUP: Rustic Tomato Soup

SALAD BAR Ingredients: Pesto Ranch

Balsamic Pasta Salad

Mozzarella/Tomato Salad

Antipasto Salad

Roasted Peppers/White Bean Salad

**Southwestern****March 12 – March 15**

Monday: “Fajita Style” Quesadilla with Grilled Peppers, Onions and Beef

Side: Lime/Cilantro Guacamole and Chips

Tuesday: Tri Colored Nachos with Grilled Chicken, Lime Sour Cream, Cheddar and Corn Salsa

Side: Jicama/Tomato/Cucumber Pico de Gallo

Wednesday: Baja Soft Fish Taco with Pineapple/Mango Salsa

Side: Baked Spanish Rice

Thursday: Roasted Anaheim Pepper Stuffed with a Manchego Cheese Polenta

Side: Black Bean/Corn Salsa

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheese Quesadilla – Tortilla Chips – Salad with Southwestern Caesar

BAKED POTATO SALAD BAR

SOUP: Santa Fe Tortilla Soup

SALAD BAR Ingredients: Southwest Caesar

Lime/Cilantro Guacamole

Tomato Pico de Gallo

Corn/Black Bean Salsa

Cumin Scented Grilled Chicken

**SPRING BREAK****March 19 – March 22**

**American****March 26 – March 29**

Monday: Sloppy Joe Mini Burgers with Dill Pickles

Side: Sweet Cole Slaw

Tuesday: Fried Chicken Legs with Roasted Potatoes

Side: Maple Baked Beans

Wednesday: BLT Wrap with Italian Roasted Vegetables

Side: Side Salad with Ranch

Thursday: Mini Burgers (burger, lettuce, onion, k/m) with Cheesy Fries

Side: Sweet Cole Slaw

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Grilled Cheese Sandwich – Apple Sauce – Side Salad with Ranch

BAKED POTATO SALAD BAR

SOUP: Roasted Corn Clam Chowder

SALAD BAR Ingredients: Ranch Dressing

Tomatoes

Sweet Cole Slaw

Cucumbers

Chopped Ham and Turkey

**Italian****April 2 – April 5**

Monday: Baked Ziti with Meatballs and Garlic Toast

Side: Roasted Herbed Peppers

Tuesday: Chicken Parmesan with Noodles, mozzarella and tomato sauce

Side: antipasto salad

Wednesday: Grilled Chicken with peppers and mild sausage over soft cheesy polenta

Side: Small Lunch Salad with Sweet Balsamic Vinaigrette

Thursday: Baked Beefy Lasagna with Mozzarella and Garlic Toast

Side: Caprese salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken Sandwich Sliders, honey Dijon dressing- Mixed Fruit – Side Salad

BAKED POTATO SALAD BAR

SOUP: Herbed Rustic Tomato Minestrone

SALAD BAR Ingredients: Balsamic Vinaigrette

Pesto Pasta Salad

Tomato/Mozzarella Salad

Pepperoni Slices

Grilled Pepper and Olive Salad

**Southwestern****April 9 – April 12**

Monday: “Fajita Style” Quesadilla with Peppers, Onions and Steak

Side: Lime/Cilantro Guacamole and Chips

Tuesday: Tri Colored Nachos with Grilled Chicken, Lime Sour Cream, Cheddar and Corn Salsa

Side: Jicama/Tomato Pico de Gallo

Wednesday: Baja Soft Fish Taco with Pineapple/Mango Salsa

Side: Baked Spanish Rice

Thursday: Roasted Anaheim Pepper Stuffed with a Manchego Cheese Polenta

Side: Black Bean/Corn Salsa

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheese Quesadilla – Tortilla Chips – Salad with Southwestern Caesar

BAKED POTATO SALAD BAR

SOUP: Santa Fe Tortilla Soup

SALAD BAR Ingredients: Southwest Caesar

Lime/Cilantro Guacamole

Tomato Pico de Gallo

Corn/Black Bean Salsa

Cumin Scented Grilled Chicken

**Cajun****April 16 – April 19**

Monday: Shrimp Etouffee over Steamed Rice and Etouffee Vegetables

Side: Hoppin' John Salad

Tuesday: Andouille/Chicken Jambalaya with Cajun Vegetables and Dirty Rice

Side: Cajun Sweet Cheddar Cornbread

Wednesday: Cajun Crab Cakes with Cheesy Grit

Side: Blackened Holy Trinity

Thursday: Blackened Tilapia Fillet Po Boy Slider with Lettuce and Creole Slaw

Side: Creole Potato Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Southern Chicken Slider with Dill Pickles – Fruit yogurt – Side Salad with Ranch

SOUP: Shrimp Gumbo

SALAD BAR Ingredients: Creole Ranch

Hoppin' John Salad

Creole Potato Salad

Creole Cabbage Slaw

Blackened Chicken/Andouille Sausage

**Indian****April 23 – April 26**

Monday: Steamed Shrimp with Sweet Curry Jasmine Rice with Peas and Candied Garlic

Side: Mango Relish

Tuesday: Open Faced Indian BBQ Chicken on Grilled Naan

Side: Side Lunch Salad with Cucumber/Mint Dressing

Wednesday: Traditional Style Gyro Sliders with Tomato Raita Sauce

Side: Dill Scented Cucumbers

Thursday: Red Curry Baked Tilapia Fillet with Couscous filled with Indian spiced tomatoes

Side: Cucumber/Melon Raita

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicken/Cheddar Gyro with Ranch – Apple Sauce and Fresh Veggie/ranch

BAKED POTATO SALAD BAR

SOUP: Roasted Eggplant/Green Curry Soup

SALAD BAR Ingredients: Cucumber/Yogurt/Mint Dressing

Couscous Salad

Tangy Heart of Palm/Chicken Salad

Cucumber/Mint Salad

Mango Relish

**American****April 30 – May 5**

Monday: Chicken Fried Chicken with Southern Gravy – Hash Browns

Side: Salad with Ranch

Tuesday: Maple Glazed Ham with Garlic Mashed Potatoes

Side: Roasted Sweet Carrots

Wednesday: BBQ Pork Sliders with Dill Pickles and Baked Tater Tots

Side: Sweet Cole Slaw

Thursday: Mini Burgers (burger, lettuce, onion, k/m) with Cheesy Fries

Side: Sweet Cole Slaw

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Chicago Style All Beef Hot Dog with Baked Gold Fish and Potato Salad

BAKED POTATO SALAD BAR

SOUP: Chicken n Rice Soup

SALAD BAR Ingredients: Honey Dijon Dressing

Tomatoes

Sweet Cole Slaw

Macaroni Pasta Salad

Chopped Ham and Turkey

**Chinese****May 7 – May 10**

Monday: Sesame Chicken in an Orange Sauce over pineapple jasmine rice

Side: Asian Stir Fry Vegetables

Tuesday: Cantonese Yeung Chow BBQ pork, celery, peas and peppers) over Egg Noodles

Side: Asian Slaw

Wednesday: Sweet n Sour Shrimp over fried rice

Side: Minted Pineapple Salad

Thursday: Gingered Broccoli with Peppers – Sweet soy/ginger sauce over Noodles

Side: Sweet/Sour Cucumber Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Turkey/Cheese Wrap – fruit/yogurt cup - pretzels

BAKED POTATO SALAD BAR

SOUP: Sweet n Sour Soup with Scallions and Mushrooms

SALAD BAR Ingredients: Sesame/Ginger Vinaigrette

Cucumber Sunomono

Salted Edamame Peas

Lime/Soy Chicken

Sweet Soy Glazed Pineapples

**Italian****May 14 – May 17**

Monday: Italian Sausage Cannelloni with Peperonata Red Sauce

Side: Antipasto Salad

Tuesday: Four Cheese Manicotti with Rustic Marinara

Side: Caprese Salad

Wednesday: Tortellini with Grilled Chicken and Creamy Marinara

Side: Roasted Peppers/White Bean Salad with Balsamic Syrup

Thursday: Spaghetti and Meatballs with Roasted Broccoli

Side: Toasted Garlic Bread

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Meatball/Mozzarella Slider – apple sauce – salad/ranch

BAKED POTATO SALAD BAR

SOUP: Rustic Tomato Soup

SALAD BAR Ingredients: Pesto Ranch

Balsamic Pasta Salad

Mozzarella/Tomato Salad

Antipasto Salad

Roasted Peppers/White Bean Salad

**Breakfast****May 21 – May 24**

Monday: Chocolate Buttermilk Pancakes with Maple Syrup and Apple Smoked Bacon

Side: Melon Fruit Salad

Tuesday: Special Lunch for Field Day

Wednesday: Belgium Vanilla Waffles with Syrup

Side: Smothered and Covered Hash Browns

Thursday: Biscuits and Gravy with Roasted Potato Hash and Apple Smoked Bacon

Side: Fruit Salad

Friday: Soup and Salad/Potato Bar/Salad Bar

BOX LUNCH: Ham and Cheese Biscuit Sliders with Fruit Yogurt and Roasted Potatoes

BAKED POTATO SALAD BAR

SOUP: Roasted Red Pepper Soup – Blue Cheese Crumbles

SALAD BAR Ingredients: Ranch