



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ash Wednesday ~ crispy "oven-fried" catfish <i>wheat n' oat bread with European whipped butter</i> ~ grilled 4-cheese panini-n ~ "breakfast tacos" (egg, potato & cheese) <i>cowboy ranch beans lemon pepper green beans chilled diced peaches in syrup fresh baked blueberry oat mini muffins</i>	2 ~ Mississippi oven brisket <i>served with rosemary red potatoes</i> ~ chicken & 3-bean chili w/cheese ~ broccoli cheddar baked potato-n <i>fresh baked whole wheat roll(s) cumin confetti corn fresh sliced seasonal melon baked peaches and whipped topping</i>	3 ~ grilled cheese quesadilla-n ~ tropical-style fish tacos-n ~ cheddar nacho sauce/chips-n <i>spinach wild & brown rice w/cheddar seasoned black beans cucumber pico de gallo salad fresh seasonal fruit fresh baked cinnamon pastry puff</i>
6 chef's global Monday tastes		7 ~ homestyle meatloaf & gravy <i>fresh baked whole wheat roll(s)</i> ~ carved turkey/gravy on kaiser roll ~ baked 3-cheese French loaf-n <i>real mashed potato "trio" French-style peas with mint fresh spinach side salad fresh red grape bunches</i>	8 ~ baked chicken Romano ~ panko crumb lemon baked fish <i>parmesan rice pilaf with vegetables</i> ~ "margherita" cheese pizza-n <i>fresh baked tomato parmesan roll(s) yellow squash & green beans mixed fruit with cherries fresh baked pineapple crumb cake</i>	9 ~ Mac n' 3-cheese pasta-n ~ "Chili Joe" & cheese sub ~ Baja chicken wings <i>fresh baked whole grain roll(s) sea salt roasted red potatoes California vegetable medley "South of the Border" cole slaw fresh seasonal fruit</i>	10

Offered every day in your cafeteria: at least 3 entrees - multiple sides - fresh fruit - salad bar (most schools) - fresh-made sandwiches (at least three varieties) and salad bowls fruit, cheese, and/or veggie trays - fresh baked muffins, cookies, and other bakery "snacks" - baked chips - milk selections - 100% fruit juice - bottled waters

SPRING BREAK

13	14	15	16	17
20 chef's global Monday tastes	21 ~ chicken cutlets & gravy ~ tomato brown gravy meatballs <i>fresh baked whole wheat roll(s)</i> ~ grilled panini selections-n <i>real mashed potato "trio" thyme carrots and green peas seasonal fresh fruit fresh baked peach & brown sugar mini muffins</i>	22	23 ~ sweet & sour pineapple beef ~ vegetable lo mein noodles-n ~ honey sesame chicken wings <i>stir-fry vegetable brown rice fresh baked sesame breadstick(s) steamed broccoli & water chestnuts crispy "Asian" cole slaw mandarin orange salad</i>	24 ~ grilled cheese quesadilla-n ~ baked southwestern talapia-n ~ rancho cheese enchiladas-n <i>Texican roasted potatoes chunky refried beans leafy taco side salad fresh seasonal fruit fresh baked cinnamon pastry puff</i>

"-n" means non-meat entrée - choose an entrée and 3 sides for your complete plate - menu is always baked and never fried - no pork or peanut on menu - only fresh or frozen vegetables used in our cooking
most bread is fresh baked in our kitchens and sent to you (except burger/dog buns and pizza crusts which are always whole wheat/whole grain) - we cook low salt/lower sugar/and mostly low fat

27 chef's global Monday tastes	28 ~ spaghetti alla Carbonara ~ baked eggplant parmesan-n <i>fresh baked garlic whole grain roll(s)</i> ~ kinda' deep dish pizza-n <i>Italian vegetable medley white beans & stewed tomatoes Caesar side salad fresh baked carrot cake spice bar</i>	29 ~ Southern "red" bbq chicken ~ skirt steak n' bulkie roll sandwich ~ Mac n' 3-cheese pasta-n <i>fresh baked wheat breadstick(s) maple orange sweet potatoes steamed broccoli florets with lemon fresh kale & spinach side salad baked cinnamon apples</i>	30 ~ savory beef steak & gravy ~ lemon garlic chicken wings <i>fresh baked whole wheat roll(s)</i> ~ baked 3-cheese French loaf-n <i>butter & parsley mashed potatoes carrot & string beans herb saute chilled peach halves in light syrup chocolate-vanilla swirl yogurt "pudding"</i>	31 ~ made to order "breakfast tacos"-n <i>egg, cheese, potatoes, tomato, peppers, etc....</i> ~ cheddar nacho sauce/chips-n ~ oven-crispy fish filets-n <i>rancho pinto beans Spanish-style brown rice leafy taco side salad "Tres Leches-style" whole grain banana cake</i>
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