



# Menu for the week of

**3/18/2019**

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**3/22/2019**

	<b>3/18/2019 Monday</b>	<b>3/19/2019 Tuesday</b>	<b>3/20/2019 Wednesday</b>	<b>3/21/2019 Thursday</b>	<b>3/22/2019 Friday</b>
<b>Soup</b>	Chicken & Wild Rice	Baked Potato Soup	Chicken Tortilla	Gumbo	Minestrone Soup
<b>Chef's Entree</b>	Beef or Chicken Fajitas w/ Spanish Rice	Taco Tuesday (Crispy Beef Tacos) w/ Refried Beans	Brunch for Lunch	Beef and Broccoli w/ Fried Rice & Egg Roll	Veggie or Cheese Pizza Day Served with Fresh Fruit
<b>Kids Pick</b>	Meatball Sub w/ Tater Tots	Grilled Chicken Burrito w/ Cilantro Rice	Beef Hot Dogs w/ Mac & Cheese	Chicken Tenders w/ Waffle Fries	Alfredo Pasta
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup
<b>Fresh Vegetables</b>	Steamed Veggie Medley	Side Salad	Corn on the Cob	Steamed Asian Veggies	Caesar Salad
<b>Deli Sandwich</b>	Wow Butter & Jelly	Turkey & Swiss Wrap	Grilled Chicken Wrap	BLT	*****
<b>Healthy Choice</b>	Chicken Caesar Salad	Trio Salad - Greens w/ Tuna, Chicken and Fruit	Southwest Taco Salad	Cobb Salad	*****
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese and Sour Cream
<b>Beverage Bar</b>	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>	Rice Krispie Treats	Chocolate Pudding	Cookies	Chocolate Brownie	Ice Cream

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

Pre-K3 - K - \$5.15 1st through 3rd Grades \$5.80 and 4th through 8th Grades \$6.40

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP

