

semplicita

FOODS & EVENTS

== STAR ACADEMY ==

== MARCH LUNCH PROGRAM ==

Fruit of the Day is a choice of seasonal fruits. Options include; Watermelon, Cantaloupe, Canary Melon, Honeydew, Strawberries, Blueberries, Blackberries, Seasonal Grapes, Oranges, Apples, Pears, Bananas, Kiwi

== WEEK 1 ==

Monday

Wholewheat Rice, Teriyaki Meat Balls, Stir Fry Vegetables, Fruit of the Day*

Tuesday

Bowtie Pasta in Alfredo, Chicken Schnitzel, Mediterranean Veggies, Fruit of the Day*

Wednesday

Ham & Cheese on wholewheat, Fresh Seasonal Veggies with Hummus Dip, Fruit of the Day*

Thursday

Plated Breakfast (English Muffin, Sausage Round, Baked Egg, Vegetable Hash) Fruit of the Day*

== WEEK 2 ==

Monday

Parmesan Orzo, Herbed Tilapia, Butternut Squash, Fruit of the Day *

Tuesday

Rigatoni Alla Bolonese, Steamed Vegetables, Whole Wheat Dinner Roll, Fruit of the Day *

Wednesday

Vegetable Soup, Roast Beef & Cheddar Sandwich, Fruit of the Day*

Thursday

Pierogies, Turkey Sausage, Steamed Veggies, Fruit of the Day*

== WEEK 3 ==

Monday

Pork Tenderloin, Mash Potatoes, Carrots & Homestyle Gravy, Fruit of the Day Cup*

Tuesday

Penne Pesto, Veal Schnitzel, Peas & Mushrooms, Fruit of the Day Cup*

Wednesday

Chicken & Cheese Quesadilla, Seasonal Fresh Vegetables with Hummus Dip, Fruit of the Day*

Thursday

Pancakes and Bacon, Vegetable Hash, Yogurt with fresh Berries*

== Week 4 ==

Monday

Poke Bowl with the fixings (bed of Jasmine Rice, Salmon, Carrots, Radish, Edamame, Sprouts, Pickled Ginger) Fruit of the Day*

Tuesday

Cheese Tortellini alla Marinara, Pulled Beef, Steamed Vegetables, Fruit of the Day *

Wednesday

Chicken Noodle Soup, Cream Cheese Bagel, Fruit of the Day *

Thursday

Pierogies, Pulled Pork, Peppers & Green Beans, Fruit of the Day *