

TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Whole Wheat Scoobi Do
Lentil and Kale in
Ricotta Tomato Sauce
Parmesan Cheese
Green Beans and Pepper Stick
Light Rye Bread
Fresh Fruit, Milk

TUESDAY

Beef and Vegetable Stir-fry
Rice Pilaf
Baby Carrots
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Sole Fillet
Green Peas
Lemon Sour Cream Sauce
Spinach Tortillas
Fresh Fruit, Milk

THURSDAY

Homemade Breaded Chicken Fingers
Oven Fries
Ketchup
Celery and Carrot Sticks
Whole Wheat Mini Pita
Fresh Fruits, Milk

FRIDAY

Beef Cannelloni with Tomato sauce
Caesar Salad, Dressing, Croutons
Whole Wheat Bread
Fresh Fruit, Milk

HOT LUNCH SELECTIONS

2

MONDAY

Vegetable Fusili
Chicken and Mushroom in
Tomato Cream Sauce, Parmesan Cheese
Cauliflower Floret and Carrot Stick
Sixteen Grain Bread
Fresh Fruit, Milk

TUESDAY

Beef Meatballs with Homemade Gravy
Mashed Potatoes
Cucumber and Pepper Sticks
Dark Rye Bread
Fresh Fruit, Milk

WEDNESDAY

Homemade Chicken Minestrone Soup
Chicken, Salami, Cheese
Broccoli Floret and Celery Sticks
Whole Wheat Sub Bun, Mustard
Fresh Fruit, Milk

THURSDAY

Multigrain Tilapia
Almost Greek salad, Dressing
Feta Cheese, Ketchup
Whole Wheat Pita
Fresh Fruit, Milk

FRIDAY

Beef Tacos
Lettuce, Cheese, Sour Cream
Taco Shells
Fresh Fruit, Milk

Veggie sticks and Bread may change without notice based on availability.

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TRANSFAT FREE HOT LUNCH MENU

HOT LUNCH SELECTIONS

3

MONDAY

Moroccan Chicken Drums
Brown Rice
Cucumber and Carrot Stick
Ancient Grain Bread
Fresh Fruit, Milk

TUESDAY

Beef Meatballs Submarine
Garden Salad, Dressing
Mozzarella Cheese
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Fish Sticks
Quinoa
Ketchup
Cauliflower Floret and Pepper Stick
Whole Wheat Pita
Fresh Fruit, Milk

THURSDAY

Whole Wheat Macaroni
Cheese sauce with Chicken
Broccoli Floret and Tomato Wedge
Sixteen Grain Bread
Fresh Fruit, Milk

FRIDAY

Beef Kielbasa
Potato and Green Peas Salad, Ketchup
Whole Wheat Hotdog Bun
Fresh Fruit, Milk

**Veggie sticks and bread may change without
notice based on availability**

HOT LUNCH SELECTONS

4

MONDAY

Whole Wheat Spaghetti
Chicken, Chickpea and Spinach in
Tomato Chili Sauce
Parmesan Cheese
Broccoli Floret and Carrot Sticks
Whole Wheat Bread
Fresh Fruit, Milk

TUESDAY

Roast Turkey with Homemade Gravy
Mashed Potatoes
Pepper and Cucumber Sticks
Whole Wheat Bun
Fresh Fruit, Milk

WEDNESDAY

Cheese Tortellini
Tomato Meat Sauce, Parmesan Cheese
Cauliflower Floret and Celery Stick
Whole Wheat Italian Bread
Fresh Fruit, Milk

THURSDAY

Cod Nuggets
Mexican Rice
Sour Cream, Cucumber and Dill Sauce
Tomato Wedge and Pepper Sticks
Whole Wheat Pita
Fresh Fruit, Milk

FRIDAY

Beef and Mushroom Hamburger
Corn Nibbles
Sliced Cheddar, Ketchup
Whole Wheat Burger Bun
Fresh Fruit, Milk

