

ESCNJ Lunch

March 1 - March 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Macaroni & Cheese - 8oz. Broccoli Florets-1c. Fresh Orange - 1 Whole Grain Bread - 1 Milk-8 oz.
4 W/W Chicken & Cheese Quesadillas - 2 Mixed Vegetables - 1c. Fresh Apple - 1 Milk-8 oz.	5 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-1c. Fresh Pear - 1 Milk-8 oz.	6 Beef Meatloaf w/ Ketchup-3 oz. French Fries - 1c Wheat Dinner Roll - 1 Fresh Banana-1 Milk-8 oz.	7 Turkey Ham & Cheese on a Whole Grain Kaiser Roll-1 Sliced Carrots -1 1/c. Fresh Apple -1 Milk-8 oz.	8 W/W 3x5 Cheese Pizza - 2 Romaine Salad w/ Dressing-2c. Fresh Orange - 1 Milk-8 oz.
11 Chicken Burger on a Whole Wheat Bun-1 Green Beans-1c. Fresh Orange-1 Milk-8 oz.	12 Beef Meatballs Parmigiana on W/G Sub Roll-1 Diced Carrots-1 1/4 c. Fresh Apple-1 Milk-8 oz.	13 W/G Popcorn Chicken-3.8 oz. W/ Sweet & Sour Sauce Seasoned Diced Potatoes - 1c. Whole Grain Bread - 1 Fresh Orange-1 Milk-8 oz.	14 Teriyaki Beef Dippers -4 Vegetarian Beans-1c. Fresh Banana - 1 Wheat Dinner Roll -1 Milk-8 oz.	15 Macaroni & Cheese - 8oz. Broccoli Florets-1c. Fresh Orange - 1 Whole Grain Bread - 1 Milk-8 oz.
18 Chicken Fingers-3 Black Beans - 1c. Fresh Orange-1 Whole Wheat Dinner Roll -1 Milk-8 oz.	19 Beef Nachos with Cheddar Cheese Sauce-6 oz. Cold Corn Cup - 1c. W/G Tortilla Scoops-1 oz. Fresh Pear - 1 Milk-8 oz.	20 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Seasoned Diced Potatoes - 1c. Fresh Orange-1 Milk-8 oz.	21 Cheese Lasagna w/ Meat Sauce-5 oz.. Green Beans - 1c. Whole Grain Bread - 1 Fresh Banana-1 Milk-8 oz.	22 Tony's Pizza - 4.5oz. Romaine Salad w/ Dressing-2c. Fresh Orange -1 Milk-8 oz.
25 Chicken Fingers-3/4 c. Corn -1c. Whole Grain Bread - 1 Fresh Orange-1 Milk-8 oz.	26 All Beef Hamburger on Whole Wheat Bun - 1 Black Beans-1c. Fresh Pear - 1 Milk-8 oz.	27 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 1c. Fresh Apple - 1 Wheat Dinner Roll - 1 Milk-8 oz.	28 W/G Fiesta Beef & Cheese Wrap-1 Celery Sticks w/Dip - 1c. Fresh Banana -1 Milk-8 oz.	29 Macaroni & Cheese - 8oz. Broccoli Florets-1c. Fresh Orange - 1 Whole Grain Bread - 1 Milk-8 oz.