

Cotting School March 2019, Lunch Menu

“ This institution is an equal opportunity provider.”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
				1) Turkey & Cheese Sandwiches Turkey (Salad Bar) Italian Wedding Soup Pears - Bananas FF Chocolate Milk	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter & Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk And once a week Fat Free Chocolate Milk 100% Apple Juice</p> <p>Soup on Wednesday and Friday.</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p style="text-align: center;"><i>Menus are subject to change</i></p>
4) Cheese Stuffed Shells Mixed Vegetables Gluten Free Pasta Honey Turkey (SBar) Salad Pineapple	5) Ham Steak Brown Rice Carrots Ham (Salad Bar) Salad Bananas -Apples	6) Grilled Cheese Sandwiches Crabmeat imitation (SB) Minestrone Soup Salad Peaches	7) Grilled Chicken Chicken Fingers Potato Puffs Sweet & Sour Sauce Salad Applesauce	8) Tuna Salad Sandwiches Tuna w/ Veggies Chicken Tortilla Soup Salad FF Chocolate Milk Bananas	
11) Tortellini w/light Sauce Broccoli Bread & Butter Gluten Free Pasta Turkey (Salad Bar) Peaches	12) Fish Fillet Roasted Sweet Potato Tartar Sauce Eggs (Salad Bar) Salad Bananas	13) Ham Cheese Sandwiches Ham (Salad Bar) Florentine Soup Salad Applesauce- Apples	14) Grilled Chicken Chicken Cutlet Sweet Potato Fries Sweet & Sour Sauce Salad Pineapple	15) Turkey & Cheese Sandwiches Turkey (Salad Bar) Italian Wedding Soup FF Chocolate Milk Salad Bananas	
18) Baked Ziti Green Beans Bread & Butter Gluten Free Pasta Ham (Salad Bar) Salad - Peaches	19) Turkey A La King Brown Rice Peas & Carrots Turkey (Salad Bar) Salad Bananas	20) Tuna Salad Sandwiches Tuna w/ Veggies Chicken Noodles Soup Salad Pineapple	21) Grilled Chicken Chicken Nuggets Chicken Fingers Potato Puffs Sweet & Sour Sauce Salad - Applesauce	22) Ham & Cheese Sandwiches Ham (Salad Bar) Minestrone Soup Salad Bananas	
25) Macaroni & Cheese Broccoli Gluten Free Pasta Honey Turkey (Staff) Salad Bread & Butter Bananas	26) Grilled Chicken Chicken Patties French Fries Sweet & Sour sauce Salad Peaches	27) Turkey & Cheese Sandwiches Turkey (Salad Bar) Chicken Tortilla Soup Salad Applesauce - Apples	28) Pizza Pepperoni Cheese Roasted Veggies Mushrooms Salad Pears & Clementines	29) Grilled Cheese Sandwiches Crabmeat imitation (SB) Florentine Soup Salad FF Chocolate Milk Bananas	

A Healthy Lunch Includes:

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| <ol style="list-style-type: none"> 1. Meat/Meat Alternate 2. Grain 3. Milk | <ol style="list-style-type: none"> 4. Fruit 5. Vegetable |
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Student must choose at least 3 of the 5 choices including:

- ½ cup of fruit or vegetable
- At least two other choices

For Best Nutrition Choose all Five Choices!