



MARCH | 2017

Namaste Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cajun Free Range Chicken Breast Wheat Roll Fresh Green Beans Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Cajun Tofu	2 Spaghetti w/ Turkey & Marinara Sauce Steamed Broccoli Soy Butter & Honey Sand. w/ String Cheese Vegetarian Spaghetti w/ Tofu & Marinara Sauce	3 Tuna Salad Wheat Bun Jicama Soy Butter & Honey Sand. w/ String Cheese Vegetarian Black Bean Burger
6 No School	7 Turkey Lasagna Fresh Broccoli Salad Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie burger	8 Fish Tacos Cole Slaw Soy Butter Sandwich w/ String Cheese Vegetarian Stuffed Peppers	9 Hot Turkey Sandwich Jicama Soy Butter Sandwich w/ String Cheese Vegetarian Hot Veggie Wrap	10 Turkey Burger Fresh Spinach Salad Soy Butter & Honey Sandwich & String Cheese Vegetarian Black Bean Burger
13 Louisiana Red Beans & Rice Roasted Cauliflower Soy Butter & Honey Sandwich w/ String Cheese Free Teachers	14 Breakfast For Lunch Pancakes Scrambled Eggs Roasted Sweet Potato Fries Soy Butter & Honey Sandwich & String Cheese Alternate Meal Penne Fantastica	15 Rainbow Cheese Pizza Fresh Green Beans Soy Butter Sandwich w/ String Cheese Alternate Meal Spaghetti w/ Marinara Sauce	16 No School	17 No School
20 Spaghetti Meat balls in Marinara Sauce Corn on the Cob Soy Butter Sandwich w/ String Cheese Vegetarian Spaghetti w/ Marinara Sauce And Tofu	21 Beef Stew Barley Steamed Broccoli Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Stew	22 Tuna Salad W/ Pita Fresh Greens Beans Soy Butter & Honey Sandwich w/ string cheese Vegetarian Breaded Eggplant w/ Marinara Sauce	23 Free Range Chicken Breast Sandwich Sweet Potato Fries Soy Butter & Honey w/ String Cheese Vegetarian Tofu	24 Black Bean Medley And Rice w/ Yogurt & Salsa Roasted Sweet Potatoes Soy Butter & Honey Sandwich w/ String Cheese
27 Turkey Burger Fresh Spinach Salad Soy Butter & Honey Sandwich & String Cheese Vegetarian Veggie Burger	28 Tilapia with Pineapple Chutney Rice Pilaf Roasted Cauliflower Soy Butter Sandwich w/ String Cheese Vegetarian Stuffed Peppers	29 Turkey Chili Wheat Roll Corn on the Cob Soy Butter & Honey Sandwich & String Cheese Vegetarian Vegetarian Chili with Tofu & Beans	30 Breakfast For Lunch Pancakes Scrambled Eggs Roasted Sweet Potato Fries Soy Butter & Honey Sandwich & String Cheese Alternate Meal Penne Fantastica	31 Chicken Fried Rice Fresh Green Beans Soy Butter & Honey Sandwich w/ String Cheese Vegetarian Veggie Fried Rice w/ Tofu Free teachers

Salad Bar
Romaine Lettuce
Grape Tomatoes
Cucumbers
Baby Carrots

Beans
Tuna
Cheese
Eggs

Dressing
Italian
Ranch
French

Milk
1%
Skim