



MARCH | 2021

International Cafe Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Pepperoni Stuffed Sandwiches Broccoli <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	2 Mini Cheeseburgers Baked Beans <u>Alt Choices</u> Spicy Chicken Sandwich Grilled Cheese	3 Rotini and Meat Sauce & Garlic Breadstick Green Beans <u>Alt Choices</u> Chef Salad w/grain Wow Butter and Jelly Sandwich	4 Chicken Tenders w/ Dipping Sauce French Fries <u>Alt Choices</u> Breaded Chicken Sandwich Grilled Cheese	5 Bosco Sticks w/ Marinara Sauce Carrots <u>Alt Choices</u> Yogurt Parfait Wow Butter and Jelly Sandwich
8 French Toast Sticks & Turkey Sausage Patty Hash Brown Stars <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	9 Chicken Bites and Dutch Waffles w/ Strawberry Topping Sweet Potato Crinkle Fries <u>Alt Choices</u> Spicy Chicken Sandwich Grilled Cheese	10 Beef Queso Dip w/ Tortilla Chips Refried Beans <u>Alt Choices</u> Chef Salad w/grain Wow Butter and Jelly Sandwich	11 General Tso Chicken and Fried Rice Bowl Broccoli <u>Alt Choices</u> Breaded Chicken Sandwich Grilled Cheese	12 Cheesy Pizza Crunchers w/ Marinara Cucumbers <u>Alt Choices</u> Yogurt Parfait Wow Butter and Jelly Sandwich
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK
22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK
29 Mini Corn Dogs Broccoli and Cheese <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	30 Pork Rib Sandwich French Fries <u>Alt Choices</u> Spicy Chicken Sandwich Grilled Cheese	31 Taco Stick Refried Beans <u>Alt Choices</u> Chef Salad w/grain Wow Butter and Jelly Sandwich	1 Boneless Chicken Wings w/ Dinner Roll Cauliflower Bites <u>Alt Choices</u> Breaded Chicken Sandwich Grilled Cheese	2 Cheese or Pepperoni Pizza Baby Carrots <u>Alt Choices</u> Yogurt Parfait Wow Butter and Jelly Sandwich

News

March is National Nutrition Month! This year's theme is "Personalize Your Plate". Per the Academy of Nutrition and Dietetics: "There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!"

The USDA Waiver is still in effect!

Build a Meal

Choose 3-5 meal components to build a healthy balanced meal.

- Pick an entrée
- Pick 1-2 fruit choices
- Pick 1-2 vegetable choices
- Pick a milk choice

Meals MUST include at least 1 fruit and/or vegetable to qualify for meal pricing.

A La Carte Pricing Still Applies
Free Water Available