

WOW ALLERGENS LUNCH – MARCH MENU

MONDAY

Make Your Own Wrap 4

- 1 oz Turkey (2 Slices)
- 2 Tbsp Hummus [SE]
- ½ oz Slider Cheddar Cheese [D]
- 1 WG Flour Tortilla (1 oz) [G] [S]
- ½ c Spinach Salad w Italian [S][C]
- ¼ c Pears
- ¾ c Milk [D]

TUESDAY

- 1 Chicken Patty [G][S][C]
- 1 WG Bun (1.8 oz) [E][S]
- ¼ c Three Bean Salad
- ¼ c Tropical Fruit Salad
- ¾ c Milk [D]

WEDNESDAY

- 2 oz Meatloaf [D][G][T][S][C]
- 1 WG Corn Muffin (1 oz) [E][G][S][C]
- ¼ c Cheesy Mashed Potatoes [D]
- ¼ c Honeydew EHS Diced
- ¾ c Milk [D]

THURSDAY

Asian 7

- ¼ c Honey Glazed Chicken (1.5 oz meat)
- #16 [G][S]
- ¼ c Brown WG Rice (½ oz grain)
- ¼ c Broccoli w Ranch [D][E][G]
- ¼ c Mandarin Oranges
- ¾ c Milk [D]

FRIDAY

- ½ c Macaroni & Cheese [D][E][G][S][C]
 - ¼ oz Cheese; ¼ c WG Noodles
- 3/8 c Vegetarian Baked Beans [C]
- ½ c Spinach Salad w Italian [S][C]
- ¼ c Peaches
- ¾ c Milk [D]

Make Your Own Pizza 8

- ½ WW English Muffin [D][G][S] 1 oz
- 2 TBSP Shredded Mozzarella Cheese [D]
- 1 oz String Cheese [D]
- ¼ c Marinara Sauce [T] (Hot)
- ½ c Spinach Salad w Italian [S][C]
- ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
- ¾ c Milk [D]

LUNCH

11

- 2 oz Oven Fried Chicken Leg [G][S]
- 1 WG Wheat Roll [G][S][C] (1 oz)
- ¼ c Glazed Carrots [D][CN][S]
- ¼ c Apple Slices (2-3)
- ¾ c Milk [D]

12

Make Your Own Joe 12

- ½ c Bean Sloppy Joe (2 oz meat alternate) #8 [T][C]
- 1 WG Bun (1.8 oz) [G][S]
- ¼ c Cole Slaw [E][S][C]
- 2 Orange Wedges
- ¾ c Milk [D]

14

- 3/8 c Beef Picadillo [T]
- ¼ c WG Rice (½ oz Grain)
- ¼ c Broccoli w Creamy Italian Dip [S][C]
- ¼ c Pears
- ¾ c Milk [D]

15

- 1 Cheese Manicotti [D][E][G][C] (2.75oz) w Tomato Basil [T]
 - 1 ½ oz cheese 2 oz WG grain
- ½ c Romaine Salad w Ranch [D][E][G]
- ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
- ¾ c Milk [D]

18

- 3 Meatballs (1.5 oz) [D][T][G][S] w Marinara Sauce [T]
- ¼ c WG Penne (½ oz) [G]
- PC Parmesan Cheese [D]
- ¼ c Baby Carrots w Veggie Dip [D]
- ½ Apple
- ¾ c Milk [D]

Mediterranean Cold Lunches 19

- ¼ c Seasoned Chicken Strips (2 oz)
- ½ WG Pita (1 oz) [G][S][D][E]
- 1 Tbsp Hummus
- ¼ c Petite Broccoli w Italian [S][C]
- ¼ c Tropical Fruit Salad
- ¾ c Milk [D]

20

- ½ c Beef & Bean Chili [T][C]
 - 2 oz meat/meat alternate
- 1 oz Cornbread [D][E][G][S][C]
- ½ c Romaine with Ranch [D][E][G]
- 2 Orange Wedges
- ¾ c Milk [D]

21

- 3 oz WG Fish Fillet [D][G][C][F] (1.5 oz M/M)
- ¼ c Bolivian Rice (½ oz Grain) [D]
- ½ c Spinach Salad w Italian [S][C]
- ¼ c Honeydew
- ¾ c Milk [D]

22

- ¼ c Black Beans & 1/8 c Monterrey Cheese [D]
- 1-6 in WW Tortilla (1 oz) [G][S]
- PC Mild Salsa [T]
- ½ c Shredded Lettuce
- ¼ c Pineapple
- ¾ c Milk [D]

25

Italian

- 2 Chicken Tenders 2 oz [G][S][C]
- PC Marinara Sauce [T]
- 1 WG Breadstick (1.2 oz) [G][S][D][E]
- ¼ c Baby Carrots
- ½ Apple
- ¾ c Milk [D]

26

- ½ c Beef & Macaroni Pasta Bake #8 [G]
- 2 oz beef, ¼ c WG noodles (1.3 oz)
- ¼ c Broccoli w Ranch [D][E][G]
- ¼ c Pineapple
- ¾ c Milk [D]

27

- 2 oz Oven Fried Chicken Leg [G][S]
- 1 oz WG Corn Muffin [E][G][S][C]
- ¼ c Cole Slaw [E][S][C]
- ¼ c Honeydew EHS Diced
- ¾ c Milk [D]

Make Your Own Taco 28

- ¼ c Beef Taco Meat (1.5 oz meat) [T]
- 1 Tbsp Shredded Cheddar Cheese [D]
- 1oz Hard WG Taco Shell [C]
- EHS 1 oz WG Tortilla [G][S]
- ½ c Shredded Lettuce
- PC Salsa [T]
- ½ Banana
- ¾ c Milk [D]

29

- ½ c Macaroni & Cheese [D][E][G][S][C]
 - ¼ oz Cheese; ¼ c WG Noodles
- 3/8 c Vegetarian Baked Beans [C]
- ½ c Spinach Salad w Italian [S][C]
- ¼ c Peaches
- ¾ c Milk [D]