

# Welcome to our Lunch Cafe at...

Lexington Estabrook Elementary

March 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

## HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



1 1 - Cheese Ravioli with Tomato Sauce  
*baked ravioli in tomato sauce*  
2 - Chicken Caesar Salad  
**All With**  
Whole Wheat Dinner Roll  
Steamed Carrots

4 1 - BBQ Chicken With Fluffy Mashed Potatoes  
2 - Pineapple Orange Smoothie  
With Pretzel Cinnamon & Honey Roasted Beans  
Garden Salad

5 1 - Chicken Bowl with Gravy  
*popcorn chicken layered with mashed potatoes and corn, smothered in gravy*  
2 - Tuna Salad Wrap\*  
Green Beans  
**And**  
Fresh Grapes

6 1 - Cheese Pizza  
2 - French Bread Pizza  
*toasted French bread topped with pizza sauce and melted cheese*  
**All With**  
Red Pepper Strips  
Fresh Melon Cup

Half Day No Lunch

8 1 - Meatball Hero  
2 - Turkey & Cheese Panini  
**All With**  
Roasted Parmesan Butternut Squash  
**And**  
Berry Cup

11 1 - Beef Hot Dog on Bun  
*juicy beef hot dog on a soft bun*  
2 - Mozzarella Sticks  
Sweet Potato Fries  
**And**  
Cherry Tomatoes  
**And**  
Pear and Pineapple Cup

12 1 - Barbecue Rib Sandwich  
*warm BBQ rib patty on a bun prepared in-house*  
2 - Wild West Grilled Cheese  
**All With**  
Green Peppers  
**And**  
Strawberry Cup

13 1 - Cheese Pizza  
2 - Crispy Bacon Pizza  
*crispy bacon pizza dough topped with tomato sauce, cheese and crispy bacon*  
**All With**  
Caesar Salad  
**And**  
Sliced Peaches

Half Day No Lunch

15 1 - Chicken Nuggets  
2 - Pretzel Organic 2.5oz  
Oven Baked Fries  
Fresh Melon Cup  
**Shamrock Shaped Chicken Nuggets and Pretzels**

18 1 - Chicken Nugget & Pizza Bite Combo  
2 - Hummus and Pretzel  
Crispy Potato Puffs  
**All With**  
Edamame  
**And**  
Fresh Green Grapes

19 1 - Nachos Grande  
2 - Vegetarian Rice Bowl  
*rice bowl topped with vegetables, kidney beans, and cheese, tossed with sweet and sour sauce*  
**All With**  
Sliced Pears  
Garden Salad

20 1 - Cheese Pizza  
2 - Pepperoni Pizza Pops  
*freshly prepared garlic pizza dough stuffed with mozzarella cheese, rich tomato sauce, pepperoni and spices*  
**All With**  
Caesar Salad  
**And**  
Cinnamon Applesauce

Half Day No Lunch

22 1 - Homemade Baked Pasta with Cheese  
2 - Greek Salad  
**All With**  
Whole Wheat Dinner Roll  
**And**  
Sautéed Broccoli  
**And**  
Fresh Green Grapes

25 1 - Crispy Chicken Sandwich  
2 - Very Berry Banana Smoothie  
**All With**  
Golden Baked Potato Wedges  
**And**  
Sliced Oranges  
Cucumber Coins

26 1 - Mac & Cheese Chicken and Broccoli  
*pasta in cheese sauce, topped with chicken and broccoli and garnished with parsley*  
Tuscany Griller  
**All With**  
Caesar Salad  
**And**  
Pineapple

Half Day No Lunch

Half Day No Lunch

29 1 - Chicken and Waffles  
2 - Garden Salad with Cheese Entree  
*fresh garden salad topped with cheese*  
**All With**  
Pinto Bean Salad  
**And**  
Cinnamon Applesauce



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



**BREAKFAST AVAILABLE DAILY**

Breakfast Price - \$2.00

Reduced price - \$1.30

**OPTIONAL MEATLESS BREAKFAST**

**ENTREES AVAILABLE DAILY**

Apple cinnamon or blueberry whole grain muffin or whole grain bagel with cream cheese

**LUNCH**

Lunch price - \$3.50

Reduced Price - \$2.40

**OPTIONAL MEATLESS LUNCH ENTREES AVAILABLE DAILY**

3. Bagel Fun Lunch

Whole grain bagel, cream cheese, choice of yogurt or string cheese

4. Fruit and Yogurt Parfait

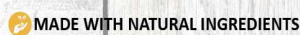
Organic yogurt layered with assorted fruits and topped with organic granola

5. Grilled Cheese Panini

Whole wheat panini bread stuffed with American cheese then oven toasted

**ALL ENTREES SERVED WITH CHOICE OF FRUITS, VEGETABLE**

All served with choice of flavored/plain fat-free, 1% and lactose free milk



\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.