



# March 2010

<b>MONDAY 1st</b>	<b>TUESDAY 2nd</b>	<b>WEDNESDAY 3rd</b>	<b>THURSDAY 4th</b>	<b>FRIDAY 5th</b>
Chicken Tacos  Or  Fish Tacos  STEAMED CORN	Penne Pasta with Pesto and Vegetables  Or  Chicken Caesar Wrap  POTATO LEEK SOUP	Baked Egg Strata With Turkey Sausage  Or  Waffles with Strawberries  SALAD BAR WITH FRUIT	Chicken Parmesan  Or  Turkey Mozzarella Melt  RICE PILAF	Vegetable Lasagna  Or  Tuna Fish on Wheat  PESTO GREEN BEANS
<b>MONDAY 8th</b>	<b>TUESDAY 9th</b>	<b>WEDNESDAY 10th</b>	<b>THURSDAY 11th</b>	<b>FRIDAY 12th</b>
Beef Stroganoff  Or  Ham and Cheese Sub  ROAST ZUCCHINI	Pasta Bolognese  Or  Egg Salad Sandwich on Wheat  ROAST VEGETABLE BARLEY PILAF	Barbequed Chicken Pita Pizza  Or  Grilled Turkey Cheddar on Wheat  PESTO GREEN BEANS	Pulled Pork Sandwich  Or  Chicken Noodle Soup  ROAST CARROTS	Grilled Cheese on Wheat  Or  Veggie Burger  TOMATO BASIL SOUP
<b>MONDAY 15th</b>	<b>TUESDAY 16th</b>	<b>WEDNESDAY 17th</b>	<b>THURSDAY 18th</b>	<b>FRIDAY 19th</b>
Plevalean Burger  Or  Turkey and Corn Chowder  SWEET POTATO FRIES	Macaroni and Cheese  Or  Smoked Turkey in Wheat Pita  VEGETABLE MEDLEY	LBI French Bread Pizza  Or  Vegetable – Lentil Wrap  ROASTED CAULIFLOWER	Hot Turkey Sandwich with Gravy  Or  Ham and Cheese on Wheat  MASHED POTATOES	Scrambled Eggs with Cheddar Cheese  Or  Whole Wheat Pancakes  SALAD BAR / FRUIT



# March 2010

MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th
Rice Farms Hot Dogs	Fettuccine Alfredo	Pita Pizza	Cheese Quesadilla	<b>CHEF'S  CHOICE</b>
Or	Or	Or	Or	
Veggie Burger	Ham and Cheese Sandwich	Minestrone	Southwestern Caesar Wrap with Corn, Black Beans	
STEAMED BROCCOLI	BUTTERNUT SQUASH BISQUE	RISOTTO RICE WITH PEAS	VEGGIE CHILI	
<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>	<b>Every Day</b>
Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread	Milk, Fruit, Fresh Veggies, Grain or Bread

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### GET TO KNOW THE MENU

- RISOTTO- A creamy Italian Arborio rice enhanced with parmesan.
- MINISTRONE- An Italian signature dish which is a thick, hearty vegetarian dish.
- QUINOA- An Aztec grain that is gluten-free and a complete protein source.
- BULGUR - A cracked wheat that originates in the Middle East; oldest known processed food.
- PESTO- A classic Italian sauce pureed with pesto, garlic, parmesan, pine nuts, and Olive oil.
- COUSCOUS- A staple of North African cuisine. Pasta made from semolina flour.
- LENTIL- A member of the legume family which includes beans, peas, and lentils.
- SPAGHETTI SQUASH- A yellow hard-shelled squash that can be steamed or baked. After cooking the interior of the squash it can be flaked out with a fork. Resembles spaghetti with its long threads.
- EGGPLANT PARMESAN- An Italian dish where eggplant is layered and baked with marinara and cheese.
- CHOWDER- A hearty soup that has the addition of potatoes.
- STRATA- A baked egg custard dish usually with cheese and vegetables.
- BARLEY- Barley is a cereal grain derived from the annual grass *Hordeum Vulgare*.

### **Thank you to our corporate sponsors of Life Balance Initiative**

If you are interested in a sponsorship opportunity, please contact Wayne Mueller at 995-8428.

