

March 2010

Daily Specials at the Deli

Monday:

Italian Sub
Mediterranean Pita

Tuesday:

Buffalo Chicken Wrap
Egg salad sandwich

Wednesday:

BLT on Whole Wheat
Hummus Wrap

Thursday:

Turkey and Cheese Sub
Mozzarella & Tomato

Panini

Friday:

Ham Bagel Sandwich
Eggplant & Goat Cheese Sandwich

A la Carte Sandwich \$2.75

All Meal Combo's only 4.25

- Hot Entrée Meal Combo

Your choice of entrée
with 2 sides and a drink

- Deli Meal combo

Deli Sandwich, side and
a drink

- Salad Bar Combo

Large salad, side, and a
drink

- Grab and Go Combo #1

Chicken Caesar Salad
and a Drink

- Grab and Go Combo #2

Yogurt Parfait, side,
and a Drink

- Grab and Go Combo #3

Sandwich or wrap, side
and a Drink

Mon	Tue	Wed	Thu	Fri
1 Baked Potato w/chili & Cheese or Broccoli & Cheese. Cinnamon Applesauce Steamed Corn Chili Fresh Fruit	2 Popcorn Chicken S&S Vegetarian Egg Rolls Brown Rice Medley of Vegetables Chicken Orzo Soup Jello	3 Meatball Stroganoff Buttered Noodles Carrot Coins Escaloped Apples Broccoli Cheddar Soup Fresh Fruit	4 <u>Peruvian Menu</u> Arroz Con Pollo Green rice w/ black beans Aztec Corn salad Carrots & celery w/ hum- mus & ranch Peru potato-cheese soup Cinnamon Tortilla Crisps	5 Grilled Cheese on whole- wheat or white bread Rice Pilaf Peas & carrots Tomato Soup Fresh Fruit
8 NO SCHOOL	9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL
15 Broccoli Alfredo Pasta Whole Wheat Ziti w/ Meat Sauce Bread Sticks Italian Blend Vegetables Minestrone Fresh Fruit	16 Chicken Strips Veggie Stir Fry Sticky Rice California Blend Chicken Orzo Soup Choc chocolate chip cook-	17 Salisbury Steak Fish Sandwich Mashed Potatoes Glazed Carrots Broccoli Cheddar Soup Fresh Fruit	18 Italian Hoagie Vegetable Hoagie Steak Fries Broccoli Florettes Chicken Noodle Soup Sugar Cookies	19 Fish sticks Veggie Riblet Sandwich Corn on the Cob Escaloped Apples Minestrone Soup Fresh Fruit
22 Grilled Chicken Fajita or Vegan Fajita with Beans and Crumbles Mexican Rice Steamed Corn Italian Wedding Soup Fresh Fruit	23 Meat or Veggie Lasagna Breadsticks Italian Veggie Blend Vegetable and Orzo Soup Cupcakes	24 Whole Wheat Cheese or Pepperoni Pizza Celery & Carrot Sticks Zucchini Sauté Thick & Zesty Turkey Chili Fresh Fruit	25 Chicken Strips Macaroni & Cheese Corn on the Cob Peas and Carrots Chicken Noodle Soup Fruit Niblettes	26 Grilled Cheese on whole wheat or white bread Steak Fries Baked Beans Tomato Soup Fresh Fruit
29 Baked Potato w/ Cheese or Broc- coli and Cheese. Cinnamon Applesauce Steamed Corn Chili Fresh Fruit	30 Matzoh Crackers General Tso's Chicken Vegetarian Egg Rolls Brown Rice Medley of Vegetables Chicken Orzo Soup Slushies	31 Matzoh Crackers Meatball Stroganoff Buttered Noodles Carrot Coins Escaloped Apples Broccoli Cheddar Soup Fresh fruit		

Super choices for sides everyday!

Hot side of the day, soup, side salad,
fruit, dessert of the day, veggie

Hot meal at a carte pricing:

Entrée.....\$2.00
Side dish.....\$.85
Soup...\$1.00/\$1.50