



Sample Lunch Menu

Fall/Winter

Multi-grain Fish

Baked fish coated in a multi-grain crust

Tartar Sauce

Lemon Rice and Steamed Green Beans

Fresh Fruit

Milk

Tuscany Chicken Cacciatore

Chicken drumstick in a tomato sauce

Italian brown rice Carrots, cauliflower and peppers

Fresh Fruit

Milk

Chicken Meatball Sub with Minestrone Soup

Homemade Italian minestrone soup

Chicken meatballs in marinara sauce on whole wheat submarine bun

Fresh Fruit

Milk

Spring/Summer

Chicken Stir-Fry

Rice

Diced chicken in a creamy sauce

Corn Niblets

Naan Bread

Fresh Fruit

Milk

Beef Meatballs in Homemade Sauce

All beef meatballs in a Tomato and Mushroom Sauce

Buttered Pasta Cucumber

Fresh Fruit

Milk