

March 17 - March 21

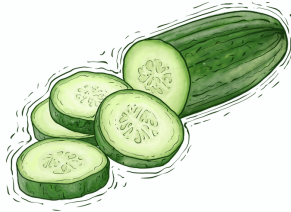
2025

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

Cucumber



Cucumber Fun Facts

- Cucumbers originate from South East Asia
- Raw cucumber is made up of 95% water
- Cucumbers contain Vitamins B1, B2, B3, B5 and B6, folic acid, Vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc.

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
CHEF'S GRILL Corned Beef with Cabbage, Carrot, and Potatoes	CHEF'S GRILL Salisbury Steak and Baked Potato Bar	CHEF'S GRILL Vietnamese Pork and Rice Noodle Bowl	CHEF'S GRILL Jamaican Jerk Chicken with Coconut Rice and Plantains	CHEF'S GRILL Sweet Chili Salmon with Roasted Purple Potatoes and Green Beans
BURGERLAND Breakfast Croissant Sandwich	BURGERLAND Patty Melt	BURGERLAND Savory Turkey Burger	BURGERLAND All American Hot Dogs	BURGERLAND Chefs Choice
TASTE OF ITALY  Pesto Alfredo	TASTE OF ITALY Italian Seafood Platter	TASTE OF ITALY American Chop Suey	TASTE OF ITALY Pasta with Clam Cream Sauce	TASTE OF ITALY Sausage Ragu with Bowtie Pasta
MEXICAN FIESTA Pollo Asado with Cilantro Rice	MEXICAN FIESTA Albondigas (Mexican Meatballs)	MEXICAN FIESTA Calabacitas Con Pollo	MEXICAN FIESTA Beef Taco Bowl	MEXICAN FIESTA Nachos
gf GF ZONE Korean Style Pan Fried Pork	gf GF ZONE Herb Roast Turkey	gf GF ZONE Braised Beef	gf GF ZONE Ghormeh Sabzi (Lamb Herb Stew)	gf GF ZONE Chicken Florentine
gf VEGGIE CAFE  Falafel Bowl	VEGGIE CAFE  Veggie Sausage and Gravy with Corn Muffins	gf VEGGIE CAFE  Sweet and Sour Tofu	VEGGIE CAFE  Ash Reshteh (Persian Noodle Soup)	gf VEGGIE CAFE  West African (Soy Butter) Stew

Gluten Free Options Upon Request or
Check out the Gluten Free Zone



Vegetarian



Produce of the Month

