Mast Way & Moharimet

March

2018

Beets are a member of the Amaranthaceae family, along with chard, quinoa and spinach. This root vegetable comes in an array of colors, including: deep red, red and white striped, orange, golden yellow and purple. Rutabagas members of the Brassicaceae family, also known as the cabbage family, along with Brussels sprouts, cabbage, cauliflower, kale and radishes.

Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals	Lunch Prices: $2.65 Reduced: .40 Adults: $4.50 **This institution is an equal opportunity provider**	**MARCH IS NATIONAL SCHOOL BREAKFAST MONTH**	**1** **Winter Recess** **No School**	**2** **Winter Recess** **No School**
5 BAKED ZITI BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES	**6** HOT DOG on/ WHOLE WHEAT BUN BAKED BEANS, ROASTED BEETS GARDEN BAR CHOICES MANDARIN ORANGES & PEARS	**7** HOMEMADE PULLED PORK or VEGGIE QUESADILLAS w/CHEESE HOMEMADE CHICKEN SOUP GARDEN BAR CHOICES FRESH LOCAL APPLE	**8** Build Your Own Pasta CHICKEN, BROCCOLI, ALFREDO SAUCE, PASTA, CHEESE GARLIC BREADSTICK GARDEN BAR CHOICES FRUIT COCKTAIL	**9** WHOLE GRAIN CHEESE STUFFED STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD
12 Meatless Monday GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE	**13** CHICKEN PARM on PASTA ROASTED BRUSSEL SPROUTS GARDEN BAR CHOICES CHILLED PEACHES	**14** MEATBALL SUB CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES	**15** BAKED POTATO BAR HOMEMADE CHILI, ROLLS BROCCOLI & CHEESE SOUR CREAM GARDEN BAR CHOICES FRESH BANANA	**16** WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
19 Meatless Monday WAFFLES & SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT	**20** TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE	**21** TERIYAKI CHICKEN, RICE EGG ROLL, STIR-FRIED VEGGIES GARDEN BAR CHOICES w/GILFEATHER TURNIP SWEET PINEAPPLE CHUNKS	**22** WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS with HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE	**23** **Teacher Workshop** **No School**
26 CRUNCHY REDFISH FISH TACO CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT	**27** PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES	**28** BBQ CHICKEN on a BUN HOMEMADE PASTA SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE	**29** HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES	**30** WHOLE GRAIN PIZZA STICKS w/MARINARA DIPPING SAUCE BAKED BEANS GARDEN BAR w/BEETS FRUIT SALAD