


Monkton Munch Lion Cafe

Lunch Menu

JENNY VANNOSDELN, MANAGER AND DEB PRESTON ASSISTANT

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Contact us at: 453-2314
27 Creamy Macaroni & Cabot Cheese Carrot Souffle Green Beans with Butter FRESH FRUIT & VEGGIE BAR	28 TACO DAY Chicken Tacos w/ Cheese or Bean Tacos w/ Cheese Mexican Rice Black Bean Salad Corn FRESH FRUIT & VEGGIE BAR	1 PIZZA Pepperoni, Cheese or Veggie Pizza Sweet Potato Half Ceasar Salad Roasted Chick Peas FRESH FRUIT & VEGGIE BAR	1 Dr. Suess's B-day Green Eggs and Ham One Fish Two Fish Goldfish Crackers Broccoli Spears Cat in the Hat Kabobs FRESH FRUIT & VEGGIE BAR	3 Ham & Cheese Melt Veggie & Cheese Melt Broccoli Cheese Soup Roasted Potatoes FRESH FRUIT & VEGGIE BAR	 ANESU Food Service Cooperative
National School Breakfast Week – March 6-10 Start Smart Every Day w/ School Breakfast					
6 Yogurt and Fruit Parfait French Toast Sticks w/ Maple syrup Baked Sweet Potato FRESH FRUIT & VEGGIE BAR	7 Hamburger, Cheeseburger or Veggie Burger Vegetable Soup Kale Salad FRESH FRUIT & VEGGIE BAR	8 Rotini w/ Marinara or Cheese Sauce Roasted Carrots Honey Oat Roll Cottage Cheese FRESH FRUIT & VEGGIE BAR	9 Eat Around the World INDIA Chicken or Tofu Tikka Masala w/ Rice Naan Bread Gajar Ka Halwa (Carrot Pudding) FRESH FRUIT & VEGGIE BAR	10 No School PARENT CONFERENCE DAY	Meal Prices Breakfast \$1.25 Lunch \$2.50 Adults \$5.00 Free and Reduced NO CHARGE for meals MILK ONLY - \$.50 (not included as part of the Free & Red. Meals Program)
13 Spaghetti w/ Meat Sauce or Marinara Sauce Homemade Garlic Bread Steamed Broccoli FRESH FRUIT & VEGGIE BAR	14 Crispy Chicken Tenders or Baked Tofu Buttery Green Beans Mashed Potatoes Homemade Roll FRESH FRUIT & VEGGIE BAR	15 STROMBOLI Pepperoni, Cheese or Veggie Marinara Dipping Sauce Roasted Cauliflower FRESH FRUIT & VEGGIE BAR	16 Turkey, Bacon Cheese Or Roasted Veggie Wrap on WW Tortilla Baked Beans Sweet Potato Fries w/ Honey Musard FRESH FRUIT & VEGGIE BAR	17 Eat Around the World IRELAND St. Patricks Day Sausage & Potato Coddle Braised Red & Green Cabbage Irish Soda Bread Cookies FRESH FRUIT & VEGGIE BAR	
20 Creamy Macaroni & Cabot Cheese Buttery Green Beans Honey Carrot Coins FRESH FRUIT & VEGGIE BAR	21 TACO Day Soft or Hard Tacos w/ Seasoned Beef or Beans Salsa/Lettuce/Tomato Brown Rice Corn FRESH FRUIT & VEGGIE BAR	22 Misty Knoll Chicken Drumsticks or Baked Tofu Mashed Red Potatoes Buttermilk Biscuit FRESH FRUIT & VEGGIE BAR	23 Ravioli w/ Marinara Sauce Cottage Cheese Herbed Focaccia Green Peas and Carrots FRESH FRUIT & VEGGIE BAR	24 Eat Around the World THAILAND Chicken or Tofu Curry Soup w/ Rice Noodles Green Beans Coconut Mango Pudding FRESH FRUIT & VEGGIE BAR	Go to www.myschoolbucks.com to prepay for school meals VISIT OUR WEBSITE AT: www.anesunutrition.com
27 Grilled Cheese or Grilled Ham & Cheese Tomato Tortellini Soup Roasted Chickpeas FRESH FRUIT & VEGGIE BAR	28 Chicken Terriyaki Brown Rice Cabbage & Carrot Stir Fry FRESH FRUIT & VEGGIE BAR	29 PIZZA Pepperoni, Cheese or Veggie Ceasar Salad FRESH FRUIT & VEGGIE BAR	30 Eat Around the World HUNGARY Hungarian Goulash Egg Dumplings Poppy Seed Cookies FRESH FRUIT & VEGGIE BAR	31 No School In Service	