

March 2021 Lunch Menu

	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
Milk (8 ounces)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/ Alternate (2-3 oz)	Lasagna de carne de molida	Bacalao guisado/ pollo al horno	Chicken	Salami guisado/ pollo guisado	Talapia/ribs
Fruit/Vegetable (1/2 cup)	Garden salad/ ensalada de papa	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Bread (2 slice)	dinner roll	dinner roll	dinner roll	dinner roll	dinner roll
Bread Alternate (1/2 Cup)	Arroz blanco	Arroz blanco con habichuelas blanca	Locrio de pollo con maix	Pure de papa	Arroz con vegetables
Alternate meal available	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice
	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing

March 2021 Lunch Menu

	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
Milk (8 ounces)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/ Alternate (2-3 oz)	Mondongo/ pollo guisado	Lasagna de carne de molida	Albondigas/ cerdo fritas	Chuleta guisada/ salami guisada	Salmon/ carne frita
Fruit/Vegetable (1/2 cup)	Garden Salad	Garden salad/ ensalada de papa	Garden salad/ ensalada de papa	Garden Salad	Garden salad
Bread (2 slice)	dinner roll	dinner roll	dinner roll	dinner roll	dinner roll
Bread Alternate (1/2 Cup)	White rice with red beans (moro)	Arroz blanco	Moro negro	Arroz con vegetables	White rice
Alternate meal available	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice
	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing

March 2021 Lunch Menu

	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
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Milk (8 ounces)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/ Alternate (2-3oz)	chicken	Albóndigas/cerdo fritas	sancocho	Chuleta guisada/ salami guisada	Pork ribs/ pollo al horno
Fruit/Vegetable (1/2 cup)	Garden Salad	Garden salad/ ensalada de codito con maíz con tuna	Garden Salad	Garden Salad	Garden Salad
Bread (2 slice)	dinner roll	dinner roll	dinner roll	dinner roll	dinner roll
Bread Alternate (1/2 Cup)	Arroz	Moro negro	Arroz blanco	Arroz blanco	Pure de papas
Alternate meal available	Sandwich	Sandwich	Sandwich	Sandwich	Sandwich
	100% fruit juice	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice
	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing

	Monday 3/22	Tuesday 3/23	Wednesday 3/24	Thursday 3/25	Friday 3/26
Milk (8 ounces)	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

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Meat/ Alternate (2-3 oz)	Albondigas/ cerdo fritas	Carne frita	Chuleta guisada/ salami guisada	Pechurina	Bacalao bistec/ pollo al horno
Fruit/Vegetable (1/2 cup)	Garden Salad	Carrots	Garden Salad	Garden Salad	Garden Salad
Bread (2slice)	dinner roll	dinner roll	dinner roll	dinner roll	dinner roll
Bread Alternate (1/2 Cup)	Guineos /yuca	yuca	Arroz con vegetables	Moro	Arroz blanco con habichuelas
Alternate meal available	Sandwich	sandwich	Sandwich	Sandwich	Sandwich
	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice	100% fruit Juice
	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing

	Monday 3/29	Tuesday 3/30	Wednesday 3/31	Thursday	Friday
Milk (8 ounces)	1% Milk	1% Milk	1% Milk		

March 2021 Lunch Menu

Meat/ Alternate (2-3 oz)	Mondongo/ pollo guisado	Albondigas/ cerdo fritas	Lasagna de carne de molida		
Fruit/Vegetable (1/2 cup)	Garden Salad	Garden salad/ ensalada de papa	Garden salad/ ensalada de papa		
Bread (2slice)	dinner roll	dinner roll	dinner roll		
Bread Alternate (1/2 Cup)	White rice with red beans (moro)	Moro negro	Arroz blanco		
Alternate meal available	Sandwich	Sandwich	Sandwich		
	100% fruit Juice	100% fruit Juice	100% fruit Juice		
	Light Salad Dressing	Light Salad Dressing	Light Salad Dressing		