

March 2022

Mid-Atlantic Regional Lunch Menu



LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| | BBQ Chicken Sandwich Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk | Roasted Chicken Cornbread Mashed Potatoes & Gravy (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Chicken Parmesan with Pasta & Marinara Sauce Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk |
| Brunch For Lunch: Chicken & Waffle Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Hot Dog on Whole Grain Bun Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Teriyaki Chicken with Broccoli & Carrots Brown Rice Assorted Fruit Skim/1% Milk | Cheesy Baked Ziti Green Beans (1/2 cup) Assorted Fruit Skim/1% Milk | Build Your Own: Fish Taco Fajita Style Vegetable Blend (Onions & Peppers) Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk |
| Chicken Nuggets Dinner Roll (9-12 only) Mashed Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Sloppy Joe Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Jerk Chicken Sandwich Seasoned Black Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Build your Own: Soft Tacos Fajita-Style Peppers & Onions (1/2 cup) Street Corn Salad (1/2 cup) Skim/1% Milk | Chicken Broccoli Pasta Bake with Whole Grain Pasta Sweet Potato Wedges (1/2 cup) Assorted Fruit Skim/1% Milk |
| BBQ Rub Chicken Dinner Roll (K-8) or Cornbread (9-12) Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Hot Dog on Whole Grain Bun Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Lemon Herb Chicken with Carrots Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Meatloaf Biscuit/Cornbread Mashed Potatoes & Gravy (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Chicken Patty Sandwich Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk |
| Beef Hamburger on a Whole Grain Bun Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk | Pasta with Meat Sauce Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk | Asian Stir Fry Noodles with Chicken with Cabbage and Cauliflower Assorted Fruit Skim/1% Milk | Arroz Con Pollo Seasoned Black Beans (1/2 cup) Assorted Fruit Skim/1% Milk | |

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change