Simply Fresh

Memorial Lutheran School Menu

March--2020

Monday	Tuesday	Wednesday	Thursday	Friday	
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	
Baked Chicken Breast with Alfredo Sauce,	Sweet and Sour Chicken, Steamed Rice,	Chicken Baked Ziti, Vegetable Medley, Garlic	Beef Sloppy Joe Sliders, Sweet Potato Tots,	Chicken and Waffles, Roasted Red Potatoes,	
Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit	Broccoli, Fresh Cut Fruit	Bread, Fresh Cut Fruit	Fresh Corn, Fresh Cut Fruit	Steamed Broccoli, Ketchup, Fresh Cut Fruit	
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap	
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	
Macaroni & Cheese with Oven Roasted	Turkey & Cheese Croissant, Caprice Pasta Salad	Beef Tamales, Black Beans, Steamed Rice,	Chicken Fried Rice with Carrots & Lima Beans,	Classic Grassfed Beef Lasagna, Ricotta Cheese,	
Chicken, Steamed Broccoli, Fresh Cut Fruit	with Fresh Basil, Tomato, Mozzarella Cheese &	Fresh Cut Fruit	Steamed Broccoli, Fresh Baked Baguette	Mozzarella Cheese & Tomato Basil Pasta Sauce,	
	Olive Oil, Sliced Cucumbers, Fresh Cut Fruit			Baked Yellow Squash, Garlic Bread, Fresh Cut	
				Fruit	
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap	
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	
Chicken & Cheese Quesadillas, Brown Rice,	Grassfed Beef Meatballs, Garden Rotini Pasta,	Parmesan & Ricotta Ravioli, Green Peas &	Grassfed Beef Chili with Black Beans & Cheddar	Breakfast for Lunch: Turkey Sausage, Eggs,	
Black Beans, Fresh Cut Fruit	Marinara Sauce, Baked Yellow Squash, Fresh	Diced Carrots, Garlic Bread, Fresh Cut Fruit	Cheese, Steamed Rice, Oven Roasted Carrots,	Pancakes, Breakfast Potato, Steamed Broccoli,	
	Cut Fruit		Fresh Cut Fruit	Fresh Cut Fruit	
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap	
CHILDCARE ONLY	CHILDCARE ONLY	CHILDCARE ONLY	CHILDCARE ONLY	CHILDCARE ONLY	
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	
BBQ Beef Slider, Baked Beans, Fresh Corn,	Baked Chicken Breast with Mild Creamy	Spaghetti with Grassfed Beef Meat Sauce,	Turkey Meat Loaf, Mashed Potatoes, Sautéed	Cheese Pizza, Sliced Cucumber with House	
Fresh Cut Fruit	Anaheim Sauce, Steamed Rice, Green Peas &	Fresh Green Beans and Carrots, Fresh Cut Fruit	Green Beans & Carrots, Fresh Baguette, Fresh	Made Ranch Dressing, Fresh Cut Fruit	
	Diced Carrots, Fresh Cut Fruit		Cut Fruit		
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap	
30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	
Baked Chicken Breast with Alfredo Sauce,	Rosemary Crispy Chicken with Rice Pilaf,				
Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit	Roasted Red Potato & Carrots, Fresh Baked				
	French Bread, Fresh Cut Fruit				
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich				