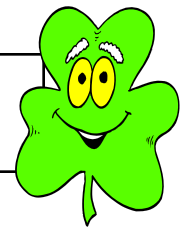


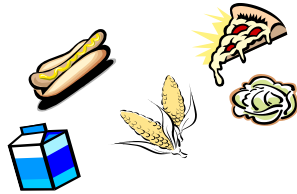
SCHOOL LUNCH MENU

Thanks for your Participation!!



St. Dominic Academy

MARCH
2017




Choose your side and make it a meal!

Vegetable of the day
Roasted potatoes
French fries
Mixed salad
Mashed potatoes
Onion rings
Rice of the day
Beans of the day

Fresh fruit of the day
(Apple, Orange, Pear)

Side choices depend on Entrées for that day.


FOUR SEASONS
food service management

Mon	Tue	Wed	Thu	Fri
<p><u>Vegetarian option available daily and made to order.</u> Cheese quesadillas Veggie burger Grilled cheese</p>		<p>1 <u>Ash Wednesday</u> Cheese Quesadillas Mac & cheese wedges Pizza sticks Spaghetti, garlic & oil Grilled cheese</p>	<p>2 Hamburger/cheeseburger Chicken parm Turkey, bacon, ranch wrap Onion rings Pasta w/broccoli Chicken nuggets Stuffed cabbage (rice & beef)</p>	<p>3 <u>Lenten Menu</u> Pasta w/Vodka sauce Pizza Mozzarella sticks Eggplant hero w/ roasted pepper Panini- Fresh mozzarella, tomato, & basil Cheese calzone (2) w/ sauce</p>
<p>6 <u>Philly cheese steak with peppers & onions</u> Chicken fritters Pasta Alfredo Chicken Francese Taco salad</p>	<p>7 <u>Chicken tenders</u> Roast beef w/ mozzarella (French dipped) Cheese Ravioli Panini- mozzarella, tomato & roasted peppers Pizza bites</p>	<p>8 Rigatoni & broccoli, <u>Chicken quesadillas</u> Sausage/peppers & onions Pizza egg roll Grilled chicken & mozzarella sub (Hot)</p>	<p>9 Hamburger/cheeseburger Chicken parm Tortellini w/sausage & tomato Chicken nuggets Beef and broccoli <u>Spinach Quiche</u></p>	<p>10 <u>Lenten Menu</u> Pasta w/Vodka sauce Pizza Mozzarella sticks Cheese quesadillas Eggplant parm Potatoes & eggs sub Veggie burger</p>
<p>13 Meatball sub Popcorn chicken wrap Party hero cuts (American) Buffalo wings Hot Dog</p>	<p>14 <u>Early St. Patrick's Day</u> Hot Corned beef Sandwich Chicken tenders Tortellini primavera Panini-Grilled chicken mozzarella & roasted peppers Spicy chicken wrap</p>	<p>15 <u>Breakfast for lunch</u> Pancakes (3pc), bacon & tots Chicken fritters Pizza sticks Macaroni & cheese Beef Empanadas</p>	<p>16 Hamburger/cheeseburger Chicken parm wrap Pepper steak gyro Chicken nuggets Spaghetti, garlic & oil</p>	<p>17 <u>Happy St. Patrick's Day</u> Pasta w/Vodka sauce Pizza Mozzarella sticks Grilled cheese on rye Grilled veggie & guacamole sub</p>
<p>20 No School First day of spring</p>	<p>21 Chicken bruschetta sub Pulled pork panini Chicken tenders Vegetable lo mein Philly cheese steak</p>	<p>22 Chicken quesadillas Panini -meatball parm Pizza sticks Macaroni & cheese Grilled chicken burrito platter</p>	<p>23 Hamburger/cheeseburger Chicken parm Grilled chicken Caesar wrap Stuffed baked potato Turkey melt Onion rings</p>	<p>24 <u>Lenten Menu</u> Pasta w/Vodka sauce Pizza Mozzarella sticks Tilapia Francese Eggplant hero w/t/p Cheese quesadilla Cheese calzone (2) w/ sauce</p>
<p>27 B.L.T. wrap Chicken pot pie Chicken fritters Rotini pasta w/ butter sauce Ham & swiss panini</p>	<p>28 Stuffed shells w/garlic bread Greek chicken gyro Bean & cheese burrito Chicken tenders Pizza bites</p>	<p>29 Spicy chicken sub Steak & cheese quesadillas Popcorn chicken wrap Broccoli & cheese Empanadas (2) Cheese Ravioli w/vodka sauce</p>	<p>30 Frittata (potato, tomato, basil) Chicken nuggets Chicken cutlet Rigatoni Pomodoro Bacon cheeseburger</p>	<p>31 Pasta w/Vodka sauce Pizza Mozzarella sticks Rice ball Grilled cheese on rye Grilled veggie Panini</p>

