

Newark Board of Education

March 2020 ECC Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti w/Marinara Meat Sauce (½ c) Sautéed Spinach (½ c) Apple Slices 1 Bag 1/2 Pt. L.F. Assorted Milk	3 Chili (4oz) Brown Rice (½ c) Vegetarian Beans (½ c) Green Apple ½ Pt. L. F. Assorted Milk	4 Chicken Nuggets (4) Steamed Carrots ½ c Animal Crackers Fresh Orange ½ Pt. L. F. Assorted Milk	5 Hamburger Tater Gems ½ c Fresh Pear ½ Pt. L.F. Assorted Milk Ketchup	6 Fish Stick Green Beans ½ c Fresh Fruit Basket 1/2 Pt. L.F. Assorted Milk
9 Spaghetti w/Marinara Meat Sauce (½ c) Sautéed Spinach (½ c) Apple Slices 1 Bag 1/2 Pt. L.F. Assorted Milk	10 Chili (4oz) Brown Rice (½ c) Vegetarian Beans (½ c) Green Apple ½ Pt. L. F. Assorted Milk	11 Staff Development Day #5	12 Hamburger Tater Gems ½ c Fresh Pear ½ Pt. L.F. Assorted Milk Ketchup	13 Tuna Fish Green Beans ½ c Tossed Salad Fresh Fruit Basket 1/2 Pt. L.F. Assorted Milk
16 Spaghetti w/Marinara Meat Sauce (½ c) Sautéed Spinach (½ c) Apple Slices 1 Bag 1/2 Pt. L.F. Assorted Milk	17 Chili (4oz) Brown Rice (½ c) Vegetarian Beans (½ c) Green Apple ½ Pt. L. F. Assorted Milk	18 Chicken Nuggets (4) Steamed Carrots ½ c Animal Crackers Fresh Orange ½ Pt. L. F. Assorted Milk	19 Hamburger Tater Gems ½ c Fresh Pear ½ Pt. L.F. Assorted Milk Ketchup	20 Tuna Fish Green Beans ½ c Fresh Fruit Basket 1/2 Pt. L.F. Assorted Milk
23 Spaghetti w/Marinara Meat Sauce (½ c) Sautéed Spinach (½ c) Apple Slices 1 Bag 1/2 Pt. L.F. Assorted Milk	24 Chili (4oz) Brown Rice (½ c) Vegetarian Beans (½ c) Green Apple ½ Pt. L. F. Assorted Milk	25 Chicken Nuggets (4) Steamed Carrots ½ c Animal Crackers Fresh Orange ½ Pt. L. F. Assorted Milk	26 Hamburger Tater Gems ½ c Fresh Pear ½ Pt. L.F. Assorted Milk Ketchup	27 Tuna Fish Green Beans ½ c Tossed Salad Fresh Fruit Basket 1/2 Pt. L.F. Assorted Milk
30 Spaghetti w/Marinara Meat Sauce (½ c) Sautéed Spinach (½ c) Apple Slices 1 Bag 1/2 Pt. L.F. Assorted Milk	31 Chili (4oz) Brown Rice (½ c) Vegetarian Beans (½ c) Green Apple ½ Pt. L. F. Assorted Milk			



Menu is subject to change due to:
 Weather, Calendar Changes, Administrative Directive,



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html or any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.