

Newark Board of Education

March 2020 Secondary Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 Spaghetti w/Marinara Sauce 1c 2 oz. Mozzarella Cheese Broccoli 1 c Cheesy Garlic Bread (1 Slice) Assorted Fresh Fruit Strawberry Parfait 1/2 Pt. L.F. Assorted Milk | 3 Beef Sliders w/Cheese (2) Ultra Bun Glazed Sweet Potatoes 1c Assorted Fresh Fruit Mango Parfait ½ Pt. L.F. Assorted Milk | 4 Soft Street Tacos (2) Marinated Chicken & Beef w/Salsa, Peppers & Onions Taco Fiesta Beans 1 c Assorted Fresh Fruit Blueberry Parfait ½ Pt. L. F. Assorted Milk | 5 Crispy Chicken Sandwich WW Bun Mexicali Sweet Golden Corn 1 c Assorted Fresh Fruit Peach Parfait ½ Pt. L. F. Assorted Milk Syrup | 6 <u>Broth Bowl</u> Diced Chicken 2oz 4oz Serving on All Fixins (Spaghetti, Kidney Beans, Spinach, Carrots, Brown Rice, Carrots Kidney Beans), Broccoli 1c Mini Saltines, Assorted Fresh Fruit, Assorted Fruit Parfait 1/2 Pt. L.F. Assorted Milk |
| 9 Vegetable Lasagna in Marinara Sauce Cheesy Garlic Bread (1 Slice) Sautéed Garlic Spinach 1 c Assorted Fresh Fruit Strawberry Parfait 1/2 Pt. L.F. Assorted Milk | 10 Chicken Tenders (4) Sweet Potato Fries 1 c Dinner Roll Assorted Fresh Fruit Peach Parfait 1/2 Pt. L.F. Assorted Milk Ketchup, BBQ Sauce, Hot Sauce | 11 Staff Development Day #5 | 12 <u>Breakfast for Lunch</u> Fluffy Pancakes (2) Turkey Sausage Links (2) Potato Gems 1 c Assorted Fresh Fruit Mango Parfait 1/2 Pt. L.F. Assorted Milk Butter, Syrup | 13 <u>Mac & Cheese Bar (1c)</u> 2oz Serving on All Fixins Ground Beef, Diced Onions, Diced Tomatoes, Broccoli, Blue Cheese Taco Fiesta Beans 1 c Assorted Fresh Fruit Assorted Fruit Parfait 1/2 Pt. L.F. Assorted Milk |
| 16 Spaghetti w/Marinara Sauce 1c 2 oz. Mozzarella Cheese Broccoli 1 c Cheesy Garlic Bread (1 Slice) Assorted Fresh Fruit Strawberry Parfait 1/2 Pt. L.F. Assorted Milk | 17 Sliced Corned Beef 3 oz Sautéed Spinach ½ c Mashed Potatoes 1 c Assorted Fresh Fruit Peach Parfait ½ Pt. L.F. Assorted Milk | 18 Chili Con Carne (1/2 c) Brown Rice 1 c Texas Ranchero Beans 1 c Assorted Fresh Fruit Blueberry Parfait ½ Pt. L.F. Assorted Milk | 19 Hebrew Beef National Hot Dogs (2) Sweet Potato Fries 1 c Assorted Fresh Fruit Mango Parfait 1/2 Pt. L.F. Assorted Milk Ketchup | 20 <u>Pasta Bowl</u> Penne OR Rotini (1 c) Alfredo OR Marinara (4oz) Mozz. OR Parmesan Cheese (2oz.) Seasoned Diced Chicken (4oz) OR Beef Meatballs (3) Steamed Broccoli (1 c) Assorted Fresh Fruit Assorted Fruit Parfait ½ Pt. L.F. Assorted Milk |
| 23 Fish Stick Tacos (2) Cheddar Cheese, Shredded Lettuce, Tomato, Tartar Sauce Texas Ranchero Beans (1 c) Assorted Fresh Fruit Assorted Fruit Parfait 1/2 Pt. L.F. Assorted Milk | 24 Oven Fried Chicken Leg Mac n Cheese 1c Garlicky Green Beans 1 c Assorted Fresh Fruit Peach Parfait ½ Pt. L.F. Assorted Milk | 25 Philly Cheesesteak WW Roll French Fries 1 c Peppers, Onions Assorted Fresh Fruit Blueberry Parfait <u>ALT: Chicken Burger</u> 1/2 Pt. L.F. Assorted Milk | 26 General Tso's Chicken (4oz) Glazed Carrots (1 c) Fried Rice (1 c) Assorted Fresh Fruit Mango Parfait ½ Pt. L.F. Assorted Milk | 27 Fresh Baked Pizza Romaine Salad (2 c) Assorted Fresh Fruit Strawberry Parfait ½ Pt. L.F. Assorted Milk |
| 30 Rigatoni w/Chunky Marinara Sauce 1 c Mozz. OR Parmesan Cheese 2 oz. Sautéed Spinach 1 c Cheesy Garlic Bread (1 Slice) Assorted Fresh Fruit Strawberry Parfait ½ Pt. L.F. Assorted Milk | 31 Beef Sliders w/Cheese (2) Ultra Bun Glazed Sweet Potato 1c Assorted Fresh Fruit Mango Parfait ½ Pt. L.F. Assorted Milk | | | |

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

Asst. Pizza
Cheeseburger
Grilled Chicken Sand.
Salad Bar/Pre-Made Salad
Hummus w/Carrot Sticks
Gold Fish Pretzels
Yogurt Parfait
PB&J Sandwiches

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