



Al-Madinah School

MARCH 2019

LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hot dog w/ French fries (2 oz) & three-bean salad (4 oz)
4 Beef taco shell w/ Spanish rice, Romaine lettuce (2 oz), salsa (2 oz), onion (3 oz), celery (3 oz) & black beans (4 oz)	5 Jerk chicken w/ brown rice, black beans (4 oz) & collard greens (4 oz)	6 Deli cold-cut turkey sandwich on whole wheat roll, hash browns (2 oz), American cheese (1 oz), Romaine lettuce (2 oz) & carrots (2 oz)	7 Swedish meatball w/ mashed potatoes (4 oz) & cherry tomatoes (4 oz)	8 Pizza pie w/ orange glazed baby carrots (4 oz)
11 Chile con carne w/ brown rice, slice of bread, cheddar cheese, green peppers (2 oz), red peppers (2 oz) & cherry tomatoes (3 oz)	12 Chicken cutlet sandwich w/ whole wheat roll, white beans (4 oz), mesclun lettuce (2 oz), cucumbers (4 oz) & tater tots (2 oz)	13 Chopped steak on whole wheat bun, mashed potatoes (4 oz) & baby carrots (3 oz)	14 Stir fried vegetables w/ chicken, pasta, cauliflower (2 oz), broccoli (2 oz), cut corn (2 oz) & scallions (2 oz)	15 Beef hot dog w/ French fries (2 oz), pinto beans (4 oz) & cherry tomatoes (4 oz)
18 Sweet & sour chicken w/ brown rice, baby carrots (2 oz), red peppers (2 oz), green peppers (2 oz) & onion (2 oz)	19 Beef burger on whole wheat bun, American cheese, mashed potatoes (4 oz) & baby carrots (2 oz)	20 Tuna sandwich on whole wheat roll, mesclun lettuce (2 oz), celery (2 oz), cucumber slices (4 oz), tomatoes (2 oz) & potato chips (2 oz)	21 Penne pasta w/ meat sauce, sauteed green peas (2 oz) & broccoli (4 oz)	22 Pizza pie w/ cut corn (4 oz), cherry tomatoes (4 oz) & three-bean salad (4 oz)
25 SCHOOL CLOSED	26 SCHOOL CLOSED	27 Beef stew w/ brown rice, potatoes (2 oz), celery (2 oz), green peppers (2 oz), red peppers (2 oz) & onions (2 oz)	28 Rotini pasta w/ broccoli (4 oz) & baby carrots (4 oz)	29 Hot dog w/ French fries (2 oz), cherry tomatoes (4 oz) & three-bean salad (4 oz)
Lunch is served with a choice of peanut butter and jelly sandwich, 1% milk and fat-free chocolate milk, fresh fruit or canned fruit.				

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-83339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D. C. 20250-9410

2. fax: (202)690-7442 or,

3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.