

# March 2020

JERSEY CITY PUBLIC SCHOOLS



MARCH IS  
**NUTRITION**  
MONTH

## PRODUCTION LUNCH / VEGETARIAN LUNCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy Birthday Dr. Seuss!</b> 2 3 4 5 6				
<b>Baked Chicken Parmesan Sandwich on Whole Wheat Bun</b> <i>Or Tuna Sandwich</i> Oven Baked Fries Chilled Pears <u>Vegetarian Option</u> <b>Eggplant Parmesan Sub</b> 	<b>Nachos w/Low Fat Beef Chili &amp; Shredded Cheddar Cheese</b> or <i>Turkey Sandwich on Whole Wheat Roll</i> 3 Bean Salad Fresh Apple <u>Vegetarian Option:</u> <b>Nachos w/Cheese</b>	<b>Turkey w/Gravy &amp; Stuffing</b> or <i>Chef Salad with Whole Wheat Roll</i> Mashed Sweet Potatoes Pineapples <u>Vegetarian Option:</u> <b>Meatless Chef Salad</b>	<b>Pasta w/ Meatballs</b> or <i>Chicken Salad on Whole Wheat Roll</i> Sautéed Spinach w/Garlic Peaches <u>Vegetarian Option</u> <b>Cheesy Pasta w/Sauce</b>	<b>Pizza w/Whole Wheat Crust</b> or <i>Chicken Caesar Salad</i> <i>w/Whole Wheat Roll</i> Tossed Romaine Salad Mixed Fruit
9 10 11 12 13				
<b>Baked Chicken Nuggets w/Whole Wheat Roll</b> or <i>Tuna Sandwich Wrap</i> Corn on the Cob Applesauce <u>Vegetarian Option:</u> <b>Hummus w/ lettuce, tomato on a Pita</b>	<b>Hamburger on Whole Wheat Bun</b> or <i>Turkey Frank on Whole Wheat Bun</i> Sweet Potato Fries Mixed Fruit <u>Vegetarian Option:</u> <b>Garden Burger on Whole Wheat Bun</b>	<b>Chicken Fajita Wrap</b> or <i>Taco Salad w/ Tortilla Chips</i> Black Bean Salad Pears <u>Vegetarian Option:</u> <b>Meatless Taco Salad w/ Tortilla</b>	<b>Macaroni &amp; Cheese</b> or <i>Chicken Caesar Salad w/ Whole Wheat Roll</i> Broccoli Fresh Apple	<b>Pizza w/Whole Wheat Crust</b> or <i>Ham &amp; Cheese Sandwich on Whole Wheat Roll</i> Tossed Romaine Salad Chilled Peaches
16 <b>HAPPY ST. PATRICK'S DAY</b> 17 18 19 20				
<b>Baked Chicken Patty Sandwich on Whole Wheat Bun</b> or <i>Egg Salad on a Whole Wheat Roll</i> Sweet Potato Fries Chilled Pears <u>Vegetarian Option:</u> <b>Cheese Lasagna Rollup</b>	<b>Beef Teriyaki Dippers</b> or <i>Chef Salad</i> Brown Rice Broccoli Fresh Apple <u>Vegetarian Option:</u> <b>Meatless Chef Salad</b> 	<b>Pizza Bagel</b> or <i>Turkey Sandwich Wrap</i> Chickpea Salad Applesauce	<b>Turkey Taco w/Tortilla Wrap</b> or <i>Tuna Sandwich on a Whole Wheat Pita</i> Green Beans Peaches <u>Vegetarian Option:</u> <b>Garden Burger on Whole Wheat Bun</b>	<b>Pizza w/Whole Wheat Crust</b> or <i>Italian Hero on Whole Wheat Roll</i> Tossed Romaine Salad Fresh Orange
23 24 25 26 27				
<b>Baked Chicken Nuggets w/ Whole Wheat Roll</b> or <i>Trio Salad with Pita Bread</i> Potato Wedges/Applesauce <u>Vegetarian Option:</u> <b>Egg Salad on a Pita</b>	<b>Philly Steak w/Peppers &amp; Onions on 4" Whole Wheat Club Roll</b> or <i>Italian Hero on a Whole Wheat Roll</i> Sweet Potato Fries Vegetarian Beans Chilled Peaches <u>Vegetarian Option:</u> <b>Cheese Lasagna Rollup</b>	<b>Pancakes/Syrup with Eggs</b> or <i>Egg &amp; Cheese on a Whole Wheat Bagel</i> Hash Brown Potatoes Pears <u>Vegetarian Option:</u> <b>Garden Burger on Whole Wheat Bun</b>	<b>Sweet n Sour Chicken w/Brown Rice</b> or <i>Tuna Sandwich on a Whole Wheat Pita</i> Carrots Pineapples <u>Vegetarian Option:</u> <b>Meatless Taco Salad w/Tortilla Chips</b>	<b>Pizza w/Whole Wheat Crust</b> or <i>Chicken Caesar Salad w/Whole Wheat Roll</i> Tossed Romaine Salad Fresh Apple
30 31				
<b>Chicken Patty Sandwich on a Whole Wheat Bun</b> or <i>Trio Salad with Pita Bread</i> Sweet Potato Fries Fruit Cup <u>Vegetarian Option:</u> <b>Egg Salad on a Pita</b>	<b>Baked Ziti</b> Spinach Chilled Pears			
<b>Available Daily:</b> Lo-Fat Chocolate Milk, Fat Free White Milk, 1% Lo-Fat White Milk & Condiments		<b>Menu subject to change without notice!</b> <i>We are an equal opportunity provider and employer</i>		