







MARCH IS
NUTRITION
MONTH

March 2020

Jersey City Public Schools

PRE-PLATE HOT CONVECTION/MICROWAVE/VEGETARIAN LUNCH Menu

Schools: #6, #12, #15, #20 Annex, #22, #23 Duncan, #23 Westside, #24, #25, #27, #29, #30, Danforth ECC, #33, #34, #37, #39, #40 & Martin Center for the Arts (#41)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Dr. Seuss! 2</p> <p>Salisbury Steak w/Gravy Roasted Potatoes Whole Wheat Bread/Fruit <u>Vegetarian Option:</u> Egg & Cheese Sandwich Roasted Potatoes/Fruit</p> 	<p>3</p> <p>Chicken & Vegetable Dumplings Mixed Vegetables/Fruit <u>Vegetarian Option:</u> Edamame Noodle Bowl Steamed Vegetables/Fruit</p>	<p>4</p> <p>Beef Hamburger Baked Beans/Fruit <u>Vegetarian Option:</u> Organic Veggie Burger Baked Beans/Fruit</p>	<p>5</p> <p>Chicken Alfredo over Pasta Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad Fruit</p>	<p>6</p> <p>Cheese Pizza Fresh Carrots w/Ranch Dip/Fruit or Fresh Turkey-Ham & Cheese Sandwich Fresh Carrots w/Ranch Dip/Fruit</p>
<p>9</p> <p>Philly Cheesesteak w/Sub Roll Roasted Potatoes/Fruit <u>Vegetarian Option:</u> Vegetarian Chili Whole Wheat Bread Fiesta Corn/Fruit</p>	<p>10</p> <p>Chicken Teriyaki over Brown Rice Steamed Carrots/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit</p>	<p>11</p> <p>Beef Meatball Hero Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Penne w/Tomato Sauce & Mozzarella Cheese Steamed Broccoli/Fruit</p>	<p>12</p> <p>Fajita Chicken over Brown Rice Black Beans & Tomatoes <u>Vegetarian Option:</u> Sun Butter & Jelly Sandwich Sunflower Seeds</p>	<p>13</p> <p>Cheese Pizza Fresh Carrots w/Ranch Dip/Fruit or Tuna Salad Sandwich Fresh Carrots w/Ranch Dip/Fruit</p>
<p>16</p> <p>Crispy Chicken Tenders Roasted Potatoes <u>Vegetarian Option:</u> Organic Veggie Burger Roasted Potatoes Fruit</p>	<p>HAPPY ST. PATRICK'S DAY 17</p> <p>Beef Rabeque Whole Wheat Bun Baked Beans/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Baked Beans/Fruit</p> 	<p>18</p> <p>Swedish Meatballs over Pasta Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit</p>	<p>19</p> <p>General Tso's Chicken over Brown Rice Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Lasagna Roll Up Steamed Green Beans/Fruit</p>	<p>20</p> <p>Cheese Pizza Fresh Carrots w/Ranch Dip/Fruit or Fresh Turkey-Bologna & Cheese Sandwich Fresh Carrots w/Ranch Dip/Fruit</p>
<p>23</p> <p>Jerk Chicken over Rice & Black Beans/Fruit <u>Vegetarian Option:</u> Sun Butter & Jelly Sandwich Sunflower Seeds Chickpea Salad/Fruit</p>	<p>24</p> <p>Spaghetti & Beef Meatballs w/Tomato Sauce Steamed Broccoli/Fruit <u>Vegetarian Option:</u> Homemade Macaroni & Cheese Steamed Broccoli/Fruit</p>	<p>25</p> <p>Hawaiian Chicken over Brown Rice Steamed Green Beans/Fruit <u>Vegetarian Option:</u> Greek Pasta Salad/Fruit</p>	<p>26</p> <p>Beef Hamburger Roasted Potatoes/Fruit <u>Vegetarian Option:</u> Toasted Cheese Sandwich Roasted Potatoes/Fruit</p>	<p>27</p> <p>Cheese Pizza Fresh Carrots w/Ranch Dip/Fruit or Fresh Turkey & Cheese Sandwich Fresh Carrots w/Ranch Dip/Fruit</p>
<p>30</p> <p>Salisbury Steak w/Gravy Roasted Potatoes Whole Wheat Bread/Fruit <u>Vegetarian Option:</u> Egg & Cheese Sandwich Roasted Potatoes/Fruit</p>	<p>31</p> <p>Chicken & Vegetable Dumplings Mixed Vegetables/Fruit <u>Vegetarian Option:</u> Edamame Noodle Bowl Steamed Vegetables/Fruit</p>			
<p>Available Daily: Lo-Fat Chocolate Milk, Fat Free White Milk, 1% Lo-Fat White Milk & Condiments</p>		<p>Menu subject to change without notice! We are an equal opportunity provider and employer</p> 