



# Al-Madinah School **MARCH 2020** **LUNCH MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna sandwich on whole-wheat roll, Mesclun lettuce (2 oz), celery (2 oz) cucumbers (4 oz) & potato chips (2 oz)	3 BBQ chicken, brown rice (4 oz), sautéed spinach (4 oz), carrots (2 oz) & green peas (2 oz)	4 Philly steak sandwich on whole-wheat roll, onions (2 oz), cucumbers (4 oz), red peppers (2 oz) & mashed potatoes (4 oz)	5 Baked ziti, broccoli (4 oz), & cherry tomatoes (4 oz)	6 Pizza pie w/ tomato sauce (4 oz), sliced carrots (4 oz) & black beans (4 oz)
9 School Closed	10 School Closed	11 School Closed	12 School Closed	13 School Closed
16 Turkey pastrami sandwich on whole-wheat roll, Romaine lettuce (2 oz), American cheese (1 oz), cucumbers (4 oz), carrots (2 oz) & potato chips (2 oz)	17 Beef gyro, brown rice (4 oz), onions (2 oz), green peppers (2 oz) & carrots (4 oz)	18 Chili con carne, brown rice (4 oz), red peppers (4 oz), green peppers (4 oz), onions (2 oz) & cherry tomatoes (2 oz)	19 Chicken parmesan sandwich on whole-wheat roll, kale (2 oz), tomatoes (4 oz), cucumbers (4 oz), salad (4 oz) & pinto beans (4 oz)	20 Pizza pie w/ tomato sauce (2 oz), cut corn (4 oz) & cherry tomatoes (4 oz)
23 Chicken fajita, Spanish rice (4 oz), green peppers (2 oz), onions (2 oz), salsa (2 oz) & cherry tomatoes (4 oz)	24 Beef burger on whole-wheat roll, American cheese (1 oz), cucumbers (4 oz), mashed potatoes (4 oz) & baby carrots (4 oz)	25 Falafel balls, pita bread, tahini sauce (1 oz), mixed greens (4 oz) & tomatoes (4 oz)	26 Bow tie pasta, chicken (4 oz), broccoli (4 oz) & cherry tomatoes (4 oz)	27 Hot dog on whole-wheat bun, French fries (4 oz), cucumber slices (4 oz), baby carrots (4 oz) & 3-bean salad (4 oz)
30 Beef taco shell, yellow rice (4 oz), Romaine lettuce (2 oz), cheddar cheese (1 oz), salsa (1 oz), onions (2 oz), 3-bean salad (2 oz), red peppers (2 oz) & sliced carrots (2 oz)	31 Chicken shawarma, brown rice (4 oz), red peppers (4 oz), green peppers (4 oz), onions (2 oz), cherry tomatoes (2 oz) & white sauce (1 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](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.