



**STOP**  
think about eating a smaller portion

**SLOW**  
balance your meal with green choices

**GO**  
eat all you want!

Lunch Menu

	Monday March 15, 2001 (Meat)	Tuesday March 16, 2001 (Dairy)	Wednesday March 17, 2001 (Dairy)	Thursday March 18, 2001 (Dairy)	Friday March 19, 2001 (Meat)
	● Beef Wheat Berry Soup	● Cabbage & Vegetable Soup	● Hearty Potato Soup	● Lentil Soup	● Matzo Ball Soup
	● Salad Bar ● Egg Salad ● Applesauce ● Fresh Whole & Cut Fruits	● Salad Bar ● Tuna Salad ● Israeli Couscous Salad ● Fresh Whole & Cut Fruits	● Salad Bar ● Tuna Salad ● Marinated Tomato Salad ● Fresh Whole & Cut Fruits	● Salad Bar ● Tuna Salad ● Wild Rice & Cranberry Salad ● Fresh Whole & Cut Fruits	● Salad Bar ● Egg Salad ● Macaroni Salad ● Fresh Whole & Cut Fruits
	● Sliced Deli Meat ● Assorted Breads ● Peanut Butter/Jelly	● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly	● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly	● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly	● Sliced Deli Meat ● Assorted Breads ● Peanut Butter/Jelly
	● BBQ Chicken ● Baked Potatoes ● Three Bean Cassoulet ● Green Beans ● Corn	● Macaroni & Cheese ● Creamy Basil Garden Rotini ● Peas ● Capri Vegetables ● Apple Kugel	● Sun-dried Tomato Tortellini ● Vegetable Frittata ● Ciabatta Herb Toast ● Mixed Vegetables ● Sautéed Mushrooms	● Panko-crusted Fish Filet ● Lo-Mein Noodles ● Tofu & Vegetable Stir-fry ● Sesame Bulgur Wheat ● Sautéed Squash	● Hamburgers ● Baked Fries ● Veggie Burgers ● Steamed Carrots
				● Brownies	
	● 100% Apple & Orange Juice ● Raspberry Lemonade ● Lemonade ● Water	● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water	● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water	● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water	● 100% Apple & Orange Juice ● Raspberry Lemonade ● Lemonade ● Water
<b>Preschool</b>	● Baked Chicken ● Vegetables ● Fruit ● 100% Apple Juice	● Macaroni & Cheese ● Vegetables ● Fruit ● 2% Reduced Fat Milk	● Sun-dried Tomato Tortellini ● Vegetables ● Fruit ● Brownies ● 2% Reduced Fat Milk	● Baked Fish Sticks ● Vegetables ● Fruit ● 2% Reduced Fat Milk	● All-beef Hot Dogs ● Vegetables ● Fruit ● 100% Apple Juice