

## March 2025 5-12 Salad Bar



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Romaine Lettuce, Spinach,	Romaine Lettuce.Spinach.	Romaine Lettuce.Spinach.	Romaine Lettuce, Spinach,	Romaine Lettuce.Spinach.
Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots
Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham
Chicken	Chicken	Chicken	Chicken	Chicken
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg
Cucumbers	Cucumbers	Cucumbers	Cucumbers	Cucumbers
Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,
Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons
Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins
Applesauce	Applesauce	Applesauce	Applesauce	Applesauce
w/ Breadstick	w/ Breadstick	w/ Breadstick	w/ Breadstick	w/ Breadstick
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Pita Chips & Hummus	Dessert	Pita Chips & Hummus	
10	11	12	13	14
Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,
Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots
Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham
Chicken	Chicken	Chicken	Chicken	Chicken
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg
Cucumbers	Cucumbers	Cucumbers	Cucumbers	Cucumbers
Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,
Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons
Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins
Applesauce w/ Breadstick	Applesauce w/ Breadstick	Applesauce w/ Breadstick	Applesauce w/ Breadstick	Applesauce w/ Breadstick
W/ Breadstick Choice of Milk	W/ Breadstick Choice of Milk	Choice of Milk	Choice of Milk	W/ Breadstick Choice of Milk
Choice of Wilk	Pita Chips & Hummus	Dessert	Pita Chips & Hummus	Choice of Milk
17	18	19	20	21
Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,
Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots
Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham
Chicken	Chicken	Chicken	Chicken	Chicken
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg	Tomatoes, Egg
Cucumbers	Cucumbers	Cucumbers	Cucumbers	Cucumbers
Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,	Bell Peppers, Peas,
Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons	Chickpeas, Croutons
Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins
Applesauce	Applesauce	Applesauce	Applesauce	Applesauce
w/ Breadstick	w/ Breadstick	w/ Breadstick	w/ Breadstick	w/ Breadstick
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Pita Chips & Hummus	Dessert	Pita Chips & Hummus	
24	25	26	27	28
Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,	Romaine Lettuce, Spinach,
Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots	Broc. & Carrots
Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham	Turkey, Ham
Chicken	Chicken	Chicken	Chicken	Chicken
Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese	Cottage Cheese
Tomatoes, Egg Cucumbers	Tomatoes, Egg Cucumbers	Tomatoes, Egg Cucumbers	Tomatoes, Egg Cucumbers	Tomatoes, Egg Cucumbers
Bell Peppers, Peas, Chickpeas, Croutons	Bell Peppers, Peas, Chickpeas, Croutons	Bell Peppers, Peas, Chickpeas, Croutons	Bell Peppers, Peas, Chickpeas, Croutons	Bell Peppers, Peas, Chickpeas, Croutons
	Apple, Orange, Raisins	Apple, Orange, Raisins	Apple, Orange, Raisins	
Apple, Orange, Raisins Applesauce	Apple, Orange, Raisins Applesauce	Apple, Orange, Raisins Applesauce	Apple, Orange, Raisins Applesauce	Apple, Orange, Raisins Applesauce
w/ Breadstick	W/ Breadstick	W/ Breadstick	w/ Breadstick	w/ Breadstick
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Milk	Pita Chips & Hummus	Dessert	Pita Chips & Hummus	Choice of Milk
	Fila Onips & Huminus	Desseit	Για Οπρε α Πυππιας	
31				
Romaine Lettuce, Spinach,				
Romaine Lettuce, Spinach, Broc. & Carrots				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese				
Romaine Lettuce,Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers Bell Peppers, Peas,				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers Bell Peppers, Peas, Chickpeas, Croutons				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers Bell Peppers, Peas, Chickpeas, Croutons Apple, Orange, Raisins				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers Bell Peppers, Peas, Chickpeas, Croutons Apple, Orange, Raisins Applesauce				
Romaine Lettuce, Spinach, Broc. & Carrots Turkey, Ham Chicken Cottage Cheese Tomatoes, Egg Cucumbers Bell Peppers, Peas, Chickpeas, Croutons Apple, Orange, Raisins				

This Institute is an Equal Opportunity Provider

-Low-fat Milk is offered at every meal.

-Salad Bar has choice of one meat choice or cottage cheese

Each Meal has a choice of only one main. 5-8 Meal has choice of 1 fruit. 9-12 can take 2 offered fruits

Pricing: Lunch Jk-4 = \$2.45 / 5-8 = \$2.65 / 9-12 = \$2.85

Adult Lunch = \$4.85

-Pay Child Meal Accounts online at MySchoolBucks.com