

# SALAD BAR



## March 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Salad Greens Corn Cucumber Slices Red Beans	Salad Greens Carrots Tomatoes Broccoli	Salad Greens Red Pepper Strips Cucumber Slices Seasonal Vegetable	Salad Greens Carrots Black Beans Broccoli	Salad Greens Corn Tomatoes Seasonal Vegetable
<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
3 Fresh Fruits	3 Fresh Fruits	3 Fresh Fruits	3 Fresh Fruits	3 Fresh Fruits
<b>Protein</b>	<b>Protein</b>	<b>Protein</b>	<b>Protein</b>	<b>Protein</b>
Shredded Cheese Yogurt	Hummus Hard Boiled Eggs	Shredded Cheese Turkey Ham	Hard Boiled Eggs Yogurt	Falafel Tots Diced Chicken

**Grain:** Soft Pretzel offered daily

### Hot Entrees

				1 Cheese or Pepperoni Pizza
4 Falafel Ranch Flatbread	5 Soft Chicken or Beef Taco	6 Breakfast for Lunch: Chicken and Waffles	7 Hamburger Cheeseburger	8 Cheese or Pepperoni Pizza Bagels
11 Grilled Cheese	12 Orange Chicken w/ Brown Rice	13 Breakfast for Lunch: French Toast w/ Turkey Sausage	14 Corn Dog Bites	15 French Bread Cheese or Pepperoni Pizza
18 Mini Cheese Calzones	19 Nachos w/ Taco Meat and/or Cheese Sauce	20 Breakfast for Lunch: Chicken on a Biscuit	21 Chicken Bites	22 Pan Cheese or Pepperoni Pizza
25 Rice, Bean, and Cheese Empanada	26 Pasta w/ Meat Sauce and Garlic Toast	27 Breakfast for Lunch: Mini Pancakes w/ Turkey Sausage	28 Chicken Tenders w/ Brown Rice	29 Cheese or Pepperoni Pizza

Menus are subject to change due to availability of foods and emergency school closings.

Food and Nutrition Services  
Fairfax County Public Schools

“This institution is an equal opportunity provider.”