

## TRANSFAT FREE HOT LUNCH MENU

### HOT LUNCH SELECTIONS

1

#### MONDAY

Whole Wheat or Vegetable Pasta  
Cheese Sauce  
Pepper and Cucumber Sticks  
Whole Wheat Bun  
Fresh Fruits, Milk

#### TUESDAY

Chicken Breast Nuggets  
Rice Pilaf  
Ketchup  
Baby Carrots  
Whole Wheat Bread  
Fresh Fruits, Milk

#### WEDNESDAY

Fish Pollock Burger  
Moroccan Couscous  
Tartar Sauce  
Green Beans and Tomato Wedge  
Pumpnickel Bun  
Fresh Fruits, Milk

#### THURSDAY

Beef Meatball Cacciatore  
Whole Wheat or Vegetable Pasta  
Parmesan Cheese  
Asparagus and Baby Corn  
Brioche Flat Bread  
Fresh Fruits, Milk

#### FRIDAY

Curry Chicken  
Rice Pilaf  
Green Salad, Dressing  
Whole Wheat Villaggio Bread  
Fresh Fruits, Milk

### HOT LUNCH SELECTIONS

2

#### MONDAY

Chicken Florentine  
Whole Wheat or Vegetable Pasta  
Parmesan Cheese  
Carrot and Cucumber Sticks  
Garlic Bun  
Fresh Fruits, Milk

#### TUESDAY

Beef Stir Fry  
Rice Pilaf  
Green Salad, Dressing  
Marble Rye Bread  
Fresh Fruits, Milk

#### WEDNESDAY

Chicken Breast Burger  
Roast Potatoes and Sweet Potatoes  
Ketchup  
Broccoli Floret and Yellow Beans  
Brioche Burger Bun  
Fresh Fruits, Milk

#### THURSDAY

Whole Wheat or Vegetable Pasta  
Ricotta Tomato Sauce  
Parmesan Cheese  
Pepper and Celery Sticks  
Multigrain Bread  
Fresh Fruits, Milk

#### FRIDAY

Crispy Pollock  
Corn Rice  
Ketchup  
Green and Yellow Beans  
Whole Wheat Bread  
Fresh Fruits, Milk

**Veggie sticks and Bread may change without notice based on availability.**

**TRANSFAT FREE HOT LUNCH MENU**

**HOT LUNCH SELECTIONS**

**3**

**MONDAY**

Chicken Meatball in Rose Sauce  
Whole Wheat or Vegetable Pasta  
Parmesan Cheese  
Pepper and Cucumber Sticks  
Corn Bread  
Fresh Fruits, Milk

**TUESDAY**

Turkey and Vegetable Soup  
Salami, Chicken and Cheese Submarine  
Mustard  
Sausage Bun  
Fresh Fruits, Milk

**WEDNESDAY**

Chicken Breast Sausage  
Roast Potatoes  
Ketchup  
Carrot and Celery Stick  
Hotdog Bun  
Fresh Fruits, Milk

**THURSDAY**

Beef Lasagna  
Mixed Green Salad, Dressing  
Whole Wheat Bread  
Fresh Fruits, Milk

**FRIDAY**

Fish Sticks  
Rice Pilaf  
Ketchup  
Cauliflower Floret and Green Beans  
Garlic Pita Bread  
Fresh Fruits, Milk

**HOT LUNCH SELECTONS**

**4**

**MONDAY**

Teriyaki Beef Meatballs  
Rice Pilaf  
Pepper and Cucumber Sticks  
Muesli Bread  
Fresh Fruits, Milk

**TUESDAY**

Cod Fish  
Quinoa  
Ketchup  
Baby Carrots  
Whole Wheat Bun  
Fresh Fruits, Milk

**WEDNESDAY**

Greek Chicken  
Fried Rice  
Celery Stick and Cauliflower Floret  
Whole Wheat Bread  
Fresh Fruits, Milk

**THURSDAY**

Meat Sauce  
Whole Wheat or Vegetable Pasta  
Parmesan Cheese  
Green and Yellow Beans  
Garlic Bun  
Fresh Fruits, Milk

**FRIDAY**

Chicken Breast Burger  
Corn Niblets  
Ketchup  
Green Salad, Dressing  
Burger Bun  
Fresh Fruits, Milk

**Veggie sticks and bread may change without  
notice based on availability**