

Salem Academy Charter School

9-12 Vegetarian Lunch Menu

March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetarian Burger Sliced Cheese Whipped Potatoes Green Beans WG Hamburger Bun Diced Peaches Apple Juice Ketchup	2 WG Vegetarian Nuggets Sweet & Sour Sauce Brown Confetti Rice Diced Carrots Dragon Punch WG Animal Crackers Fresh Orange Craisins	3 Cheese Lasagna w/Sauce Lima Beans WG Dinner Rolls Diced Pears Grape Juice
6 Garbanzo Beans Alfredo Sauce WG Penne Pasta Broccoli Cuts Dragon Punch WG Breadstick Fresh Orange Craisins	7 WG Vegetarian Nuggets Marinara Sauce Tater Tots WG Hot Dog Bun WG Animal Crackers Diced Peaches Apple Juice Ketchup	8 WG Bean & Cheese Burrito Whole Kernel Corn Wango Mango Juice Mixed Fruit Craisins	9 Cheese Pizza Dippers Marinara Sauce Lima Beans Fresh Banana Orange Juice	10 WG Macaroni & Cheese Diced Carrots Green Beans WG Goldfish Crackers Fresh Apple
13 WG Vegetarian Nuggets Jerk Sauce Brown Rice Black Beans Dragon Punch WG Dinner Roll Mixed Fruit Craisins	14 Cheesy Penne Bake Crinkle Cut Fries WG Chocolate Chip Muffin Fresh Orange Grape Juice Ketchup	15 WG Vegetarian Nuggets WG Waffles Mixed Vegetables Wango Mango Juice Fresh Apple Craisins Syrup	16 WG Bean & Cheese Burrito Diced Carrots Broccoli Cuts Fresh Banana Blended Fruit Juice	17 Galaxy Cheese Pizza Diced Carrots Green Beans Diced Peaches Craisins
20 WG Bean & Cheese Burrito Tater Tots Diced Carrots Fresh Banana Apple Juice Ketchup	21 WG Vegetarian Nuggets Mixed Vegetables Broccoli Cuts Brown Rice WG Goldfish Crackers Diced Pears Craisins BBQ Sauce	22 Egg & Cheese Bagel Pinto Beans Whole Kernel Corn WG Tortilla Chips Fresh Orange Blended Fruit Juice	23 Garbanzo Beans Marinara Sauce w/Parmesan Green Beans WG Penne Pasta WG Breadstick Diced Peaches Orange Juice	24 Vegetarian Burger Sliced Cheese Green Peas Diced Carrots WG Hamburger Bun Fresh Apple Ketchup
27 WG Bean & Cheese Burrito Diced Carrots Whole Kernel Corn Diced Pears Grape Juice	28 Vegetarian Burger Sliced Cheese Sweet Potato Tots Baked Beans WG Hamburger Bun Fresh Orange Blended Fruit Juice Ketchup	29 WG Vegetarian Nuggets Brown Rice Country Vegetable Blend Dragon Punch WG Chocolate Chip Muffin Fresh Apple BBQ Sauce	30 Egg & Cheese Bagel Broccoli Cuts Wango Mango Juice Fresh Banana Craisins	31 Cheesy Penne Bake Mixed Vegetables WG Breadstick Diced Peaches Craisins