

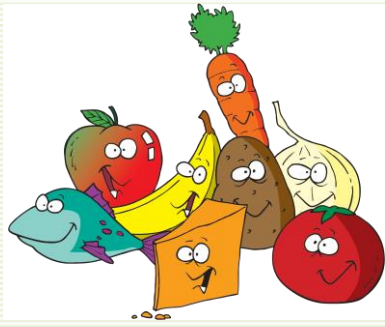
CATERING SOLUTIONS

LUNCHEON CALENDAR

APRIL 2019

To order, click below:

<http://cateringsolutions.h1.hotlunchonline.net>



MENU FEATURES:

(All Meals INCLUDE Fruit & Veggies)

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Virtual Salad Bar – choose all of your own toppings

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Build Your Own Sandwich

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Chilled Bistro Boxes

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Burgers your Way

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New Hot Alternates

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Healthy Side Dishes

View Online: Additional Menu Selections, Beverages, Party Packages and Snacks!

1 Pancakes with Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty	2 Baked Ziti <i>(Whole Wheat Pasta, Tomato Sauce, Puree of Carrot & Sweet Potato, Parmesan Cheese, Low Fat Mozzarella Cheese)</i>	3 Chicken Noodle or Cream of Tomato Soup Each with ½ Whole Wheat Cheese Sandwich	4 BBQ Chicken Or BBQ Grilled Tofu Both served with Cornbread	5 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Emergency Meal: Whole Grain Pasta with Marinara Sauce				
8 Pasta Bolognese <i>(meat sauce made with ground turkey)</i> Or Macaroni & Cheese	9 Grilled Chicken Breast & Rice Or Cuban Black Bean & Rice	10 Quesadillas! Chicken & Cheese or Just Cheese <i>(Whole Wheat Flour Tortillas, Low-Fat Cheddar Cheese)</i>	11 Chicken Noodle or Cream of Broccoli Soup Each with ½ Whole Wheat Cheese Sandwich	12 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Emergency Meal: Macaroni and Cheese				
15 French Toast with Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty	16 Spaghetti Marinara with Turkey Meatballs <i>or</i> Veggie Balls	17 Chicken Noodle or Cream of Tomato Soup Each with ½ Whole Wheat Cheese Sandwich	18 Pizza Day! <i>or</i> Grilled Turkey & Cheese	19 – Good Friday
Emergency Meal: Whole Grain Pasta with Marinara Sauce				
22 Cheese Ravioli with Marinara Sauce	23 Turkey Meatloaf or Vegetable Patty With Mashed Potatoes	24 Fish Tenders <i>Or Pink Navy Beans</i> Both served with Tomato-Infused Rice	25 Chicken Noodle or Cream of Broccoli Soup Each with ½ Whole Wheat Cheese Sandwich	26 Pizza Day! <i>or</i> Grilled Turkey & Cheese
Emergency Meal: Macaroni and Cheese				
29 Waffles with Syrup <i>Choice of</i> Turkey Sausage or Veggie Patty	30 Chicken Fried Rice <i>or</i> Veggie Fried Rice <i>(rice, ginger, puree of cauliflower & zucchini)</i>			Soup of the Day & Many Other New Options Available EVERY DAY!
ORGANIC MENU -DAILY-	Chicken Cutlet Cream of Broccoli Soup	Grilled Chicken & Rice	Mac 'N Cheese	Pizza

CATERING SOLUTIONS

A Healthy & Diverse School Lunch Program

Email: getsolutions@optonline.net

www.mycateringsolutions.net

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DECODING THE MENU

The lunch menu has many options for even the most finicky eaters. Here is a quick and easy way to sort the options. Each entree is labeled by 1,2,3,4 or O.

- 1** - Our main entree of the day, often including "sneaky chef" and healthy ingredients. Choose these items each day for a varied menu.
- 2** - The vegetarian option of the day, often prepared similarly to the main entree.
- 3** - A more traditional school lunch menu with items offered each day including options such as chicken nuggets, fish sticks, etc. Also included is the Pasta of the Week, Soup of the Day, Burgers your Way and more traditional dishes.
- 4** - Chilled Bistro Boxes options featuring muffins, hummus, cheese & crackers etc. Now offering a virtual salad bar and build your own sandwiches
- O** – Organic items, 5+ options each day. Includes organic fruit and vegetable.

ADD ON options include healthy sides dishes, drinks, snacks, and sweets as well as party options.

Every meal includes fruit and vegetable of the day. These vary by day based on availability and ripeness.

Fruits examples may include: bananas, oranges, watermelon, cantaloupe, honeydew, apples, pears, peaches.

Vegetables may include green beans, broccoli, mixed veggies, carrots, cauliflower, stir fry, cucumbers, etc.